

**Home Living / Daily Living**  
**Lesson Plan—Emerging**  
**Food Pyramid**

**Instructional Area:**  Leisure  Community  Home Living / Daily Living  
**Ability Level:**  Emerging  Developing  Mastery

**Topic / Skill Outcome:**

- Nutrition: Students will become familiar with the food pyramid

**Learning Area(s):**

- Literacy
- Math & Science
- Personal Resource Management
- Communication

**Purpose of Lesson / Objective:**

- Students will identify the six food groups in the food pyramid and give examples of each

**Materials / Equipment / Environment:**

- A visual presentation of the food pyramid labeled/pictured with representative foods in each group, and the daily-recommended number of servings for each group
- A visual presentation of the food pyramid with the six food groups outlined, but otherwise unmarked
- Individual pictures of foods from the six groups of the food pyramid

**Group Size:** 6-8

**Time Required:** Will Vary

**Lesson Procedure:**

1. Present, and discuss the purpose of, the labeled / pictured presentation of the food pyramid with the students
2. Students state an example of a food from each of the food groups
3. Students sort individual pictures of foods into each of the food groups using a unmarked food pyramid

**Carry Over / Related Activities:**

- Discuss the amount/size of one serving
- Discuss each of the food groups in depth (how many kinds of green vegetables can you name, what are citrus fruits, name five kinds of cheeses)
- Students read simple recipes, identify the foods, and in which food group they belong
- Study each food group in greater depth, explore and prepare recipes using foods predominately from each food group
- Use the food pyramid to help plan healthy meals

**Supporting Activities / Possible Adaptations:**

- Use examples of real food
- Board Maker symbols of foods

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**Strategies for Participation:**

- Have each student share what he/she ate for lunch, and then have him/her determine if he/she ate foods from every food group. If not, what could be added to his/her lunch to have all the food groups represented?

**Student Reaction / Evaluation:**

- Test students' understanding of the food pyramid by having them sort individual pictures of foods into proper food groups on the outline of the food pyramid