

The Food Pyramid

Pyramid Puzzle

Objectives...

- Utilize ASL.
- Become more familiar with the food pyramid and its purpose.
- Practice writing.
- Follow directions.

Materials Needed...

- Teacher's Vocabulary Guide, Vol. 6b: Fruits and Vegetables.
- Student Vocabulary Worksheet (SVW) 6b.
- Food Pyramid Worksheet (for each student).

See National Standards for Volume 6

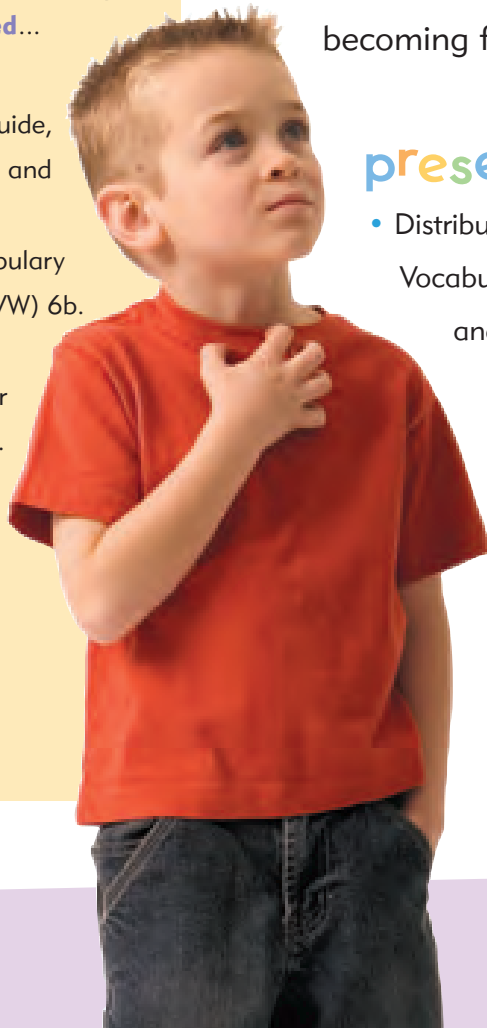


The food pyramid was designed as a guide to help us to determine healthy foods and how much we should be consuming

every day! The following activity provides a fun way of incorporating American Sign Language (ASL), while becoming familiar with the food pyramid.

presentation

- Distribute to each student the Student Vocabulary Worksheet 6b: Fruits and Vegetables.
- Using the corresponding Teacher's Vocabulary Guide, assist students in completing their vocabulary worksheets.
- Introduce your students to the food pyramid. Explain why the food pyramid is important and how it is used to help us eat healthy.

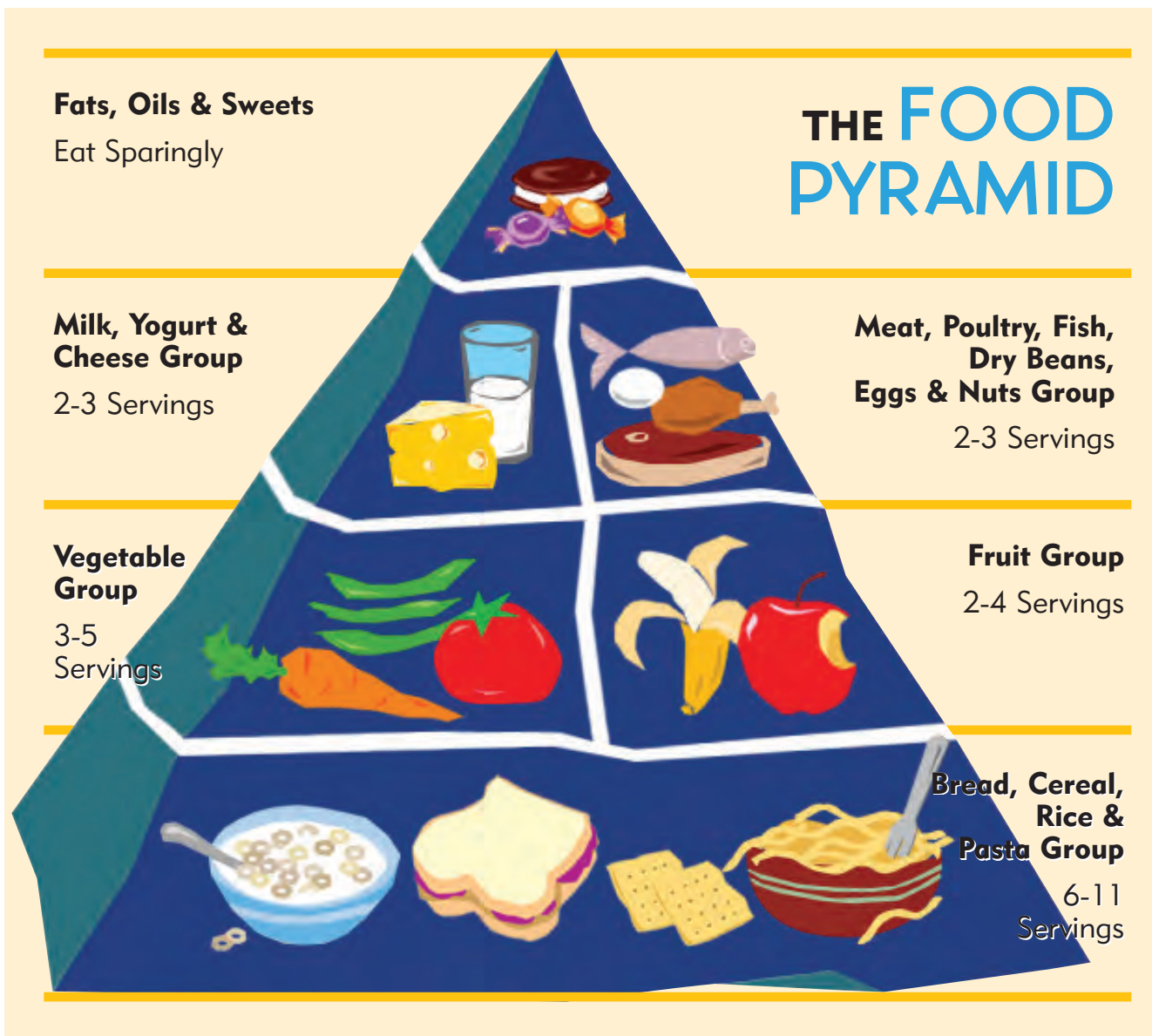


Guided Practice... For additional vocabulary practice, hand out the "Pyramid Puzzle" worksheet. Students will find vocabulary signs presented in the "Sign Key" and a puzzle they need to solve.

Independent Practice... Have students draw a food pyramid in their journal and label each food group, the number of servings that should be consumed every day, and why the food pyramid is important.

- Have students record all of the foods they eat for one day (or up to a week). Have them group the foods that were consumed according to the food groups. Are they getting enough fruits and vegetables?

- For younger students, give each student a blank food pyramid. Each student can find pictures that represent each of the food groups and paste them in place.



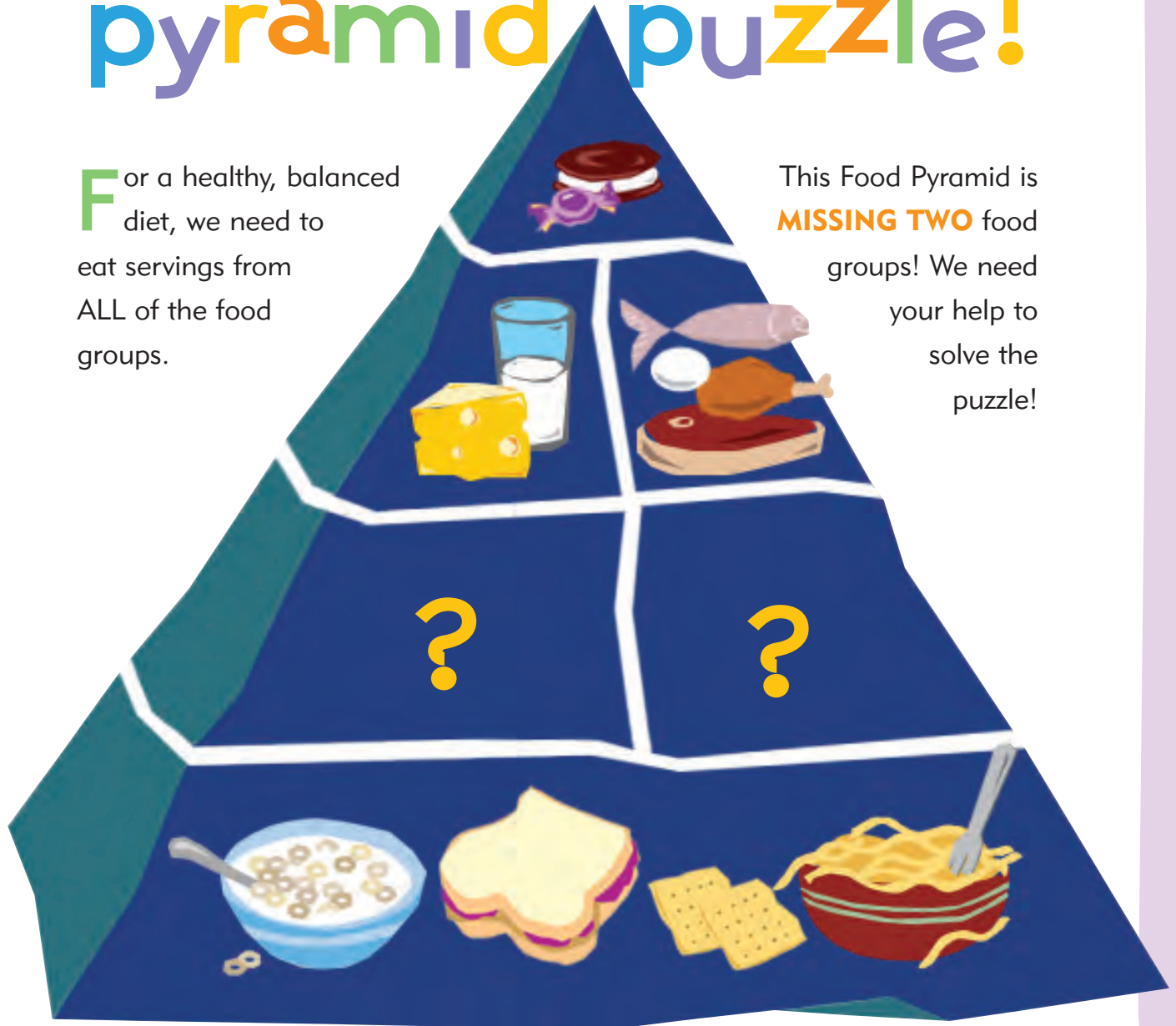
Name _____

Date _____

pyramid puzzle!

For a healthy, balanced diet, we need to eat servings from ALL of the food groups.

This Food Pyramid is **MISSING TWO** food groups! We need your help to solve the puzzle!



Directions: Looking at the puzzle on page B, choose a picture of a fruit or vegetable at the top of the page. Then, locate the sign for that fruit or vegetable in the "Sign Key." Next to each sign, there is a letter. That letter should be placed in the puzzle above the fruit or vegetable you identified. There will be one sign not used.

What are the missing food groups?

SIGN KEY:



L



A



T



G



F



R



U



V



T



B



Y



I