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Elementary Science
Grades K-2
Growth and Development-Food Pyramid

Objective/Purpose:

This lab is targeted for a basic understanding of the food pyramid, serving sizes, and involves lots of class participation. This lab was created focusing on special needs children but can easily be made more difficult to accommodate various levels.

Materials/Time Required:

1. White board or Poster board (to draw a Food Pyramid Outline on)
2. Scissors
3. Crayons
4. Tape
5. Markers (to draw outline of Pyramid)
6. Pictures from magazines or internet of: 7-grains, 3-fruits, 4-vegetables, 2-meat, 3-dairy, and 1-sweet
7. Food Pyramid Color Sheet
8. 1 cup and ½ cup for demonstration/visualization of serving sizes
9. bag or container for kids to pick food pictures from

Background Information:

This is a very easy lab to prepare and the kids go nuts naming every food they can think of. That’s part of the fun because the lab can last as long or as short as you would like. First explain what the food pyramid is and how it is organized. Then explain you need the most from the grain group and ask them to name some grains. Once the majority have been named or time has expired, explain the amount of serving sizes necessary for a complete daily diet from the grain group. Also, explain what a serving size is using the cup and ½ cup to aide you. Do the same for the following 5 groups, allowing kids to name examples and you also giving serving size examples. Finally, fold up the pictures and have the kids each pick one from a bag. They have to cut out the picture, color it (if from computer), decide what the food is, and finally where it belongs on the food pyramid. Then have each child, one at a time go up to the board and tape the food in the correct spot on the pyramid. This is a great lab also because you can re-create the pyramid on a bulletin board and display it in your room. Finally have the kids color the food pyramid sheet and take it home to their parents. It’s always a plus when the parents know what their kids are learning in science!

Preparation:

No preparation is needed other than printing off food pictures, cleaning off their desks, and having a recycle bin for the extra paper from cutting out the food.