

GROW YOUR PALS PROGRAM GUIDE



THE NATIONAL FFA MENTORING PROGRAM

Sponsored by



LESSON 1.19

Food Guide Pyramid Pizza

Unit:
FIELD TO FORK

PRECEPTS

- G. Physical Growth
 - G1. Practice healthy eating habits



Lesson Type:
Large Group

NATIONAL STANDARDS

- CS.02.01.01.c. Practice healthy eating habits.
- FPP.03.01.03.a. Explain the food guide pyramid in relation to essential nutrients for the human diet.
- NL-ENG.K-12.12 - Applying Language Skills
- NS.K-4.6 Science in Personal and Social Perspectives

STUDENT LEARNING OBJECTIVES

As a result of this lesson, the student will ...

- Explain the food guide pyramid.
- Determine the food groups represented on the pizza.





TIME

Instruction time for this lesson: **45 minutes**.



RESOURCES

My Pyramid for Kids. http://teamnutrition.usda.gov/Resources/mpk_poster.pdf

My Pyramid Coloring Page. http://teamnutrition.usda.gov/Resources/mpk_coloring.pdf

National FFA Organization. (2003). LifeKnowledge Precepts and Signs of Success



TOOLS, EQUIPMENT AND SUPPLIES

- ✓ PALS1.19.LG.AS.A
- ✓ PALS1.19.LG.ASSESS.A

(Ingredients shown are for one pizza)

- ✓ One package of refrigerated pizza dough
- ✓ One eight-ounce jar of pizza sauce
- ✓ One four-ounce package of shredded mozzarella cheese
- ✓ Various pizza toppings
- ✓ Pizza pan
- ✓ Hot pads
- ✓ Oven

KEY TERMS



The following term is presented in this lesson and appears in ***bold italics***:

Food Pyramid



CONTENT OUTLINE

- I. ***Food Pyramid*** for kids
 - A. Grains
 - B. Vegetables
 - C. Fruit
 - D. Milk
 - E. Meat and beans
- II. Food groups of pizza
 - A. Create a pizza
 - B. Categorize food into pyramid

INTEREST APPROACH

Jump straight into making a pizza. This way you have plenty of time to cook and eat. Have volunteers from the class add ingredients to the pizza or pizzas.



I don't know about you, but I sure am hungry today! I thought it would be a fun class if we cooked some food today. Look at all this food we have up here! What do you think we could make with these ingredients?

Allow students to give ideas.



Well you talked me into it! It looks like we are going to be creating some delicious pizza for everyone in our class.

Help guide your PALS into making the pizza. Depending on the size of the class you will make anywhere from one to three pizzas. Let them choose the toppings they put on their pizzas. However, you may want to make one pizza that represents the five major food groups. This could easily be done with a Hawaiian pizza.

Procedure:

1. Unroll the pizza dough onto the pizza pan.
2. Spread the pizza sauce and sprinkle the cheese.
3. Top with your favorite toppings:
 - a. Pineapple
 - b. Canadian Bacon
 - c. Pepperoni
 - d. Peppers
 - e. Hamburger
 - f. Sausage
4. Bake according to directions on the pizza dough package.
5. While the pizza is baking move on to next activity.
6. Eat when done!

Ask for volunteers for each of the tasks.



Who would like to volunteer to roll out the pizza crust?

Now that we have added all the ingredients to our pizza, we'll bake them in the oven. Before you know it we will have some delicious pizza!

SUMMARY OF CONTENT AND TEACHING STRATEGIES

OBJECTIVE 1. | Explain the food guide pyramid



For this objective, have students use the MyPyramid for Kids coloring page as you introduce them to the five major food groups. Have them color the page as you go through the pyramid.



While we are waiting on our pizza to bake, let's take a look at the **food pyramid**. Raise your hand if you have heard of the **food pyramid**. Awesome! Well if you haven't heard of it that's OK too, because right now we are going to the five main groups of food that we eat from.

Pass each student a coloring page, PALS1.19.LG.AS.A and have each student get out an orange, green, red, blue and purple crayon.

I. My Pyramid for Kids

- A. Grains: Orange*
- B. Vegetables: Green*
- C. Fruit: Red*
- D. Milk: Blue*
- E. Meat and beans: Purple*
- F. Oils and fats: Yellow*



Take a look at the coloring sheet you just received. One of the triangles is bigger than the others. This means we should eat the most out of this food group. What foods do you think our bodies need the most of?

Lead the student's into guessing grains.



In order to be healthy our bodies need a lot of grains. Let's color the first segment of the pyramid orange to represent grains.

Next, our bodies need vegetables! What are some of your favorite vegetables? It's important to get many different types of veggies for our bodies. Let's color the next section green to represent the vegetables.

Our bodies also need fruits to grow strong. What are some of your favorite fruits? Let's color the next section red!

Next you will notice a really small section. What kinds of foods would we not want to eat a lot?

Talk about foods high in fats and oils.



Very good! These foods sometimes taste really good but we should not eat too much of them. A little is perfectly healthy but we can't overdo it! Let's color the small section yellow.

We only have two left! The next section represents milk. This includes milks, cheeses and even ice cream! The milk section is especially important to help us grow strong bones. Let's color this section blue.



Finally, in our last section it represents meat and beans. What do you think are things that would fit into this category? Let's color this section purple.

I think our pizza is getting close to being ready!

OBJECTIVE 2. | Determine the food groups represented on the pizza.



Modified Hieroglyphic e-Moment®



We have been talking a lot about this **food pyramid**. This got me to thinking about our pizzas cooking in the oven. Let's figure out if the pizzas have all of the food groups represented in them.

As you identify the categories have them draw a picture of that pizza ingredient on their coloring page.



Let's start with grains. What part of our pizza would fit into the grains category?

Pizza dough



Let's draw a pizza crust in the orange section of our pyramid.

Which part of our pizza would fit into the vegetables category?

Tomato sauce, peppers



Let's draw a tomato in the green section of our pyramid.

Which part of our pizza would fit into the fruit category?

Pineapples



Let's draw a pineapple in the red section of our pyramid.

Which part of our pizza would fit into the milk category?

Mozzarella cheese



Let's draw some cheese in the blue section of our pyramid.

Which part of our pizza would fit into the meat and beans category?



Canadian bacon, pepperoni, hamburger, sausage

Let's draw some meat in the purple section of our pyramid.



REVIEW / SUMMARY

Let's eat our pizza! Before we can eat our pizza, you have to tell the person beside you what food group each ingredient on your pizza would fit into. Remember, to look at your coloring page if you need some help.



APPLICATION

Small Group Idea

Determine serving sizes of the ingredients on your pizzas.



One-on-One Idea

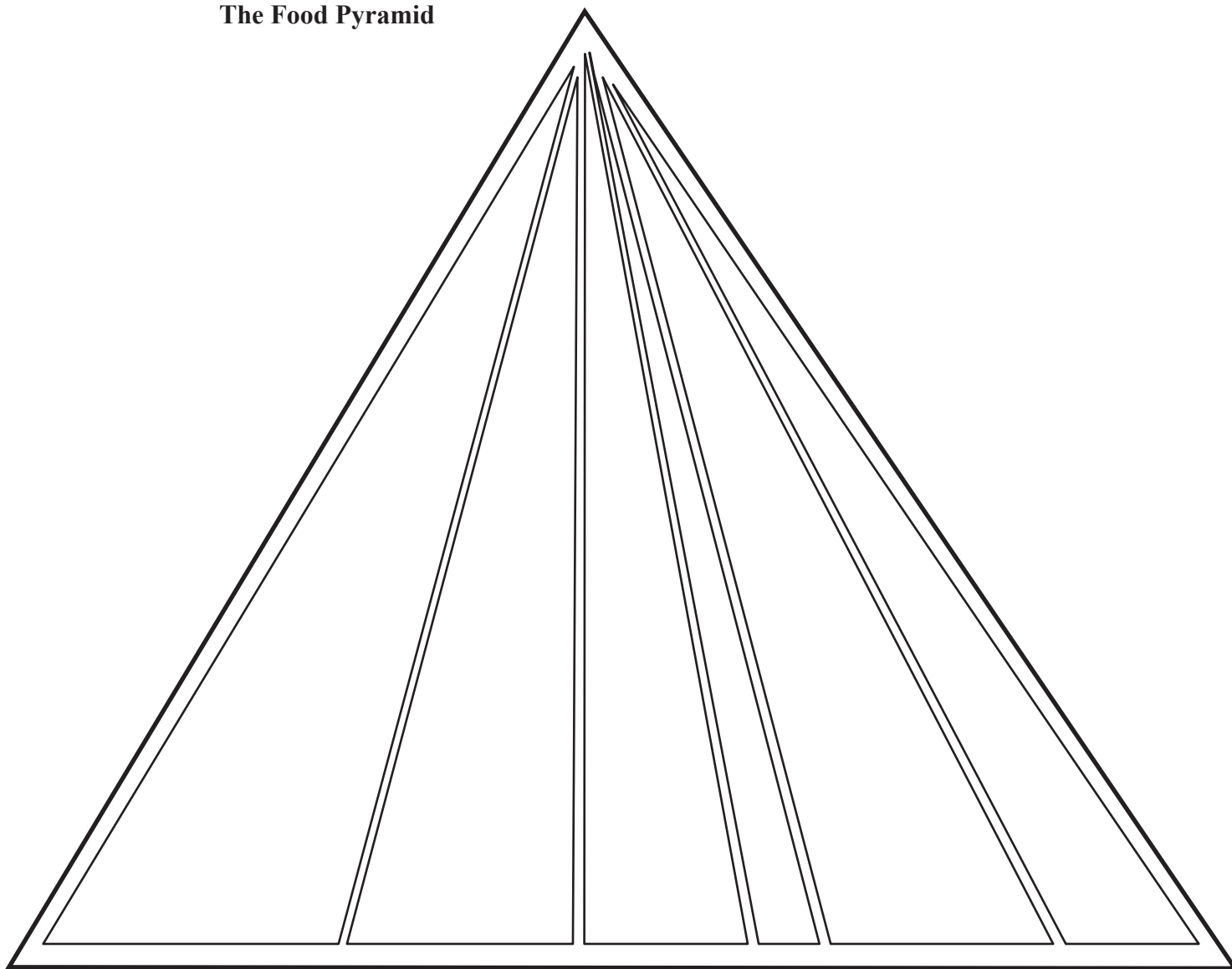
Identify which ingredients come from plants and which ingredients come from animals.

PALS1.19.LG.ASSESS.A | EVALUATION ANSWER KEY

1. List the six major food groups.
 - a. Grains*
 - b. Vegetables*
 - c. Fruit*
 - d. Milk*
 - e. Meat and beans*
 - f. Oils and fats*
2. What are your favorite pizza toppings?
Answers will vary.
3. In what food group are your favorite toppings found?
Answers will vary.

PALS1.19.LG.AS.A

The Food Pyramid





PALS1.19.LG.ASSESS.A

Name _____

1. List the six major food groups.
2. What is your favorite pizza topping?
3. In what food group are your favorite toppings found?