

Facts Page

Let these MyPyramid and healthy eating facts help enhance your lesson.

International Food Information Council (IFIC) provides information about healthy eating and physical activity for people 2 years and older in the brochure: [Your Personal Path to Health: Steps to a Healthier You!](#) Here are some points from the brochure:

Are Your Eyes Bigger Than Your Stomach?—The portion you eat or drink may be larger than you think, especially compared to the amount recommended for a whole day. (Talk to the children about portions “Caterpillar” consumed!)

Do Whatever “Moves” You Down Your Personal Path—Finding your right balance between food and physical activity is an important step toward good health. All the moves you make add up – just get moving. (Talk to the children about how “Caterpillar” was moving to look for food and then to build his “house” or cocoon.)

Be Realistic, Be Adventurous, Be Flexible, Be Sensible, Be Active—are all guideposts to help you along your personal path to good health. Expand your tastes to enjoy a variety of foods and physical activities. (Did “Caterpillar” eat a variety of food and find a variety of activities?)

IFIC Foundation (202)296-6540 or <http://ific.org/publications>

MyPyramid for Kids encourages children ages 6 to 11 to eat right, exercise and have fun! The different colored stripes on MyPyramid encourage kids to eat a variety of foods from every food group. “Mr. Caterpillar” ate from the Pyramid: He ate through:

- Grains – 1 cupcake, perhaps it was whole-grain!
- Vegetables – 1 cucumber and a nice green leaf
- Fruits – 1 apple, 2 pears, 3 plums, 4 strawberries, 5 oranges, some cherries, 1 slice watermelon
- Milk – 1 ice cream cone, 1 slice Swiss cheese
- Meats – 1 slice salami, 1 sausage



Did you Know?

- The caterpillar is the larval stage of butterflies and moths and this stage lasts from about 2 weeks to a month and it can grow in size more than 30,000 times!
- The caterpillar will spend most of its time eating and has powerful jaws with sharp cutting surfaces that easily chop leaves.
- Caterpillars are very limited in their diet and some species will only eat the leaves of a single type of plant. (WE know one that is not a “picky-eater!”)
- Some caterpillars, such as the Monarch, are poisonous to predators and get their toxicity from the plants they eat.
- Butterflies have 2 pairs of wings and can only fly if their body temperature is above 86 degrees.
 - Slow flying butterflies fly about 5 mph and the fastest can fly at about 30 mph.

Related websites:

http://www.dltk-teach.com/books/hungrycaterpillar/felt_fun.htm—felt board fun, puppets and patterns

<http://www.kidzone.ws/animals/color-caterpillar.gif>—coloring page

<http://www.teachingheart.net/veryhungrycaterpillar.html>—lesson ideas, printables, curricula

<http://www.eric-carle.com/home.html>—Eric Carle website

<http://www.enchantedlearning.com/subjects/butterfly/>—Enchanted Learning materials



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