

Leader's Guide

The Edible Pyramid by Loreen Leedy

Objectives:

In addition to the overall objectives for Book in a Bag, children will:

- learn about the parts of the Pyramid
- learn about where different food fits on the Pyramid

Lesson Outline:

1. Review supporting materials and the book, **The Edible Pyramid**, prior to the lesson.
2. Develop lesson plan for day's activity.
3. Review supplies and equipment needed for activity. Make copies of recipes and "A Look at Our Book: Parent's Page" as needed. If desired, attach a recipe "card" to each Parent's Page.
4. Prepare evaluation tool you will use with children.
5. Arrive early – be sure to encourage handwashing before activity.
6. Read book with children. Ask questions to facilitate discussion.
7. Lead activity. Encourage all children to participate.
8. Incorporate physical activity into lesson.
9. Assist children in completing evaluation tool.
10. Distribute pages for take-home, as appropriate.

Questions to Facilitate Discussion:

- What are the five food groups?
- Can you name some food in the Grains Group?
- What comes in many different amazing shapes?
- Can you name 3 different kinds of vegetables?
- Can you name 3 different kinds of fruit?
- What is the polar bear drinking from 4 straws?

Related Children's Books:

Bread is for Eating by David and Phillis Gershator

Soup for Supper by Phyllis Root

Oliver's Fruit Salad by Vivian French

Thanks to Cows by Allan Fowler

Pizza Party by Grace Maccarone

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: **KANSAS ACADEMIC STANDARDS** :
: **Health Promotion and Disease Prevention 1.1** :
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This project is supported by the USDA through a contract awarded by Income Maintenance/Employment Preparation Services, Kansas Department of Social and Rehabilitative Services.

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