

Food Guide Pyramid

A Guide to Daily Food Choices

KEY  Fat (naturally occurring and added)
 Sugar (added)
These symbols show fat and added sugars in foods.

SOURCE
U.S. Department
of Agriculture
U.S. Department
of Health and
Human Services

Milk, Yogurt,
& Cheese
Group
2-3 SERVINGS



Fats, Oils, & Sweets
USE SPARINGLY



Meat, Poultry, Fish,
Dry Beans, Eggs,
& Nuts Group
2-3 SERVINGS



Vegetable
Group
3-5 SERVINGS



Fruit
Group
2-4 SERVINGS



Bread, Cereal,
Rice, & Pasta
Group
6-11
SERVINGS



Teaching Activities For Food Guide Pyramid

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Teaching Activities For Food Guide Pyramid:

Personal Fitness Charles S. Williams,2004-04-28 **Resources in Education** ,2001-04 **Team Nutrition School Activity Planner** ,1997 **Ag in the Classroom Notes** ,1997 *Agriculture, Rural Development, Food and Drug Administration, and Related Agencies Appropriations for 2004* United States. Congress. House. Committee on Appropriations. Subcommittee on Agriculture, Rural Development, Food and Drug Administration, and Related Agencies,2003 **Grade 4 Know Your Body Teacher's Guide** Institute For Cancer Prevention,2000-06 **Food and Nutrition Resource List for Child Care and Preschool Staff** Shirley King Evans,1998 *Early Childhood Education* Kimberly A. Gordon Biddle,Ana Garcia-Nevarez,Wanda J. Roundtree Henderson,Alicia Valero-Kerrick,2013-01-02 Turning passion into practice as a professional early childhood educator Early Childhood Education Becoming a Professional is an inspiring introduction to the world of early childhood education preparing the teachers of tomorrow to reach their full potential in their schools and communities Written by a diverse and experienced author team this text engages readers to connect contemporary educational and developmental theory and research to developmentally appropriate practices and applications that are easily implemented in the classroom In response to today s ever changing educational environment the text focuses on both the importance of taking personal and professional responsibility as well as today s issues in diversity from supporting children with exceptionalities to supporting children and families in broader cultural contexts

Agriculture, Rural Development, and Related Agencies Appropriations United States. Congress. Senate. Committee on Appropriations. Subcommittee on Agriculture, Rural Development, and Related Agencies,2003 *Agriculture, Rural Development, and Related Agencies Appropriations for Fiscal Year 2003* United States. Congress. Senate. Committee on Appropriations. Subcommittee on Agriculture, Rural Development, and Related Agencies,2002 *108-1 Hearings: Agriculture, Rural Development, Food and Drug Administration, and Related Agencies Appropriations For 2004, Part 8, March 20, 2003, ** ,2003 **Grade 3 Know Your Body Teacher's Guide** Institute For Cancer Prevention,2000 **Grade 2 Know Your Body Teacher's Guide** Institute For Cancer Prevention,2000 *Food and Nutrition Resource for Grades Preschool Through 6* Shirley King Evans,1998 *Nutrition Education Materials and Audiovisuals for Grades Preschool Through 6* ,1997 **Review of Nutrition Research and Education Activities** United States. Congress. House. Committee on Agriculture. Subcommittee on Department Operations and Nutrition,1993 This document records the oral and written testimony given at a Congressional hearing on nutrition research and education as carried out by the U S Department of Agriculture Witnesses included officials from the Department professors and administrators from various university nutrition programs and medical doctors Testimony stressed the expanding role that nutrition is playing and should play in the improvement of the health of Americans More nutrition research was advocated as well as more use of such research on the local level such as through the Cooperative Extension Service and training for local medical practitioners Increasing nutrition

knowledge and action by the public could substantially lower health care costs and testimony supported Department of Agriculture programs such as Women Infants and Children WIC that aim to prevent low birth weight babies KC Grade K Know Your Body Teacher's Guide Institute For Cancer Prevention,2000 *Team Nutrition's Teacher Handbook* Sandra K. Shepherd,1997 This book is a summary of all the background and tools needed to utilize the Team Nutrition Scholastic curricula Contains brief background information for brushing up on nutrition basics step by step instructions for using the Food Guide Pyramid and food label lesson by lesson planners for integrating the activities into regular classes tips and jewels of wisdom from teachers who have paved the way and appendices containing forms worksheets etc *Physical Best Activity Guide* Physical Best (Program),2011 This comprehensive health related fitness education program is back and better than ever Developed by top level physical educators this third edition will help students gain the knowledge skills appreciation and confidence they need to lead active healthy lives regardless of physical and mental abilities or disabilities Physical Best Activity Guide Middle and High School Levels has been used with much success across the United States and for good reason The text contains 70 easy to use instructional activities ranging from noncompetitive to competitive and from less demanding to more demanding It also includes activities that allow for maximum time on task All the instructional activities address the national physical education standards dance standards or health standards This new edition retains the best activities from previous editions and offers new ones from outstanding teachers throughout the United States You will learn how to adapt the activities for all students regardless of skill level or disability and students will learn how to set realistic goals manage their activity levels and remain healthy throughout their lives In addition this text offers the following features A Combined Component Training chapter combines aerobic fitness muscular strength and endurance and flexibility into single activities A CD ROM contains a wealth of reproducibles including charts posters signs station cards handouts and worksheets many of which can be adapted to meet your needs A section of Internet resources helps you develop your own special events Physical Best Activity Guide Middle and High School Levels developed by the National Association for Sport and Physical Education can stand alone or be used in conjunction with Physical Education for Lifelong Fitness The PhysicalBest Teacher s Guide Third Edition and Physical Best Activity Guide Elementary Level Third Edition It can also be used with Fitnessgram Activitygram an activity assessment and computerized reporting system and the Fitness forLife resources for middle school and high school Fitness for Life is a comprehensive program promoting lifetime health related fitness Early Learning Thematic Lesson Plans, Grades PK - 1 Sherrill B. Flora, M.S.,2005-01-02 Includes over 600 activities Reproducibles

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