







MyPyramid Worksheet

Name: _____

MyPyramid
FOR KIDS

Check how you did yesterday and set a goal to aim for tomorrow

Write In Your Choices From Yesterday	Food and Activity	Tip	Goal (Based On a 1800 Calorie Pattern)	List Each Food Choice In Its Food Group*	Estimate Your Total
Breakfast:	Grains 	Make at least half your grains whole grains.	6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)		_____ ounce equivalents
Lunch:	Vegetables 	Color your plate with all kinds of great tasting veggies.	2 1/2 cups (Choose from dark green, orange, starchy, dry beans and peas, or other veggies).		_____ cups
Snack:	Fruits 	Make most choices fruit, not juice.	1 1/2 cups		_____ cups
Dinner:	Milk 	Choose fat-free or lowfat most often.	3 cups (1 cup yogurt or 1 1/2 ounces cheese = 1 cup milk)		_____ cups
Physical activity:	Meat and Beans 	Choose lean meat and chicken or turkey. Vary your choices—more fish, beans, peas, nuts, and seeds.	5 ounce equivalents (1 ounce equivalent is 1 ounce meat, chicken or turkey, or fish, 1 egg, 1 T. peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans)		_____ ounce equivalents
	Physical Activity 	Build more physical activity into your daily routine at home and school.	At least 60 minutes of moderate to vigorous activity a day or most days.		_____ minutes

How did you do yesterday? Great So-So Not So Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____

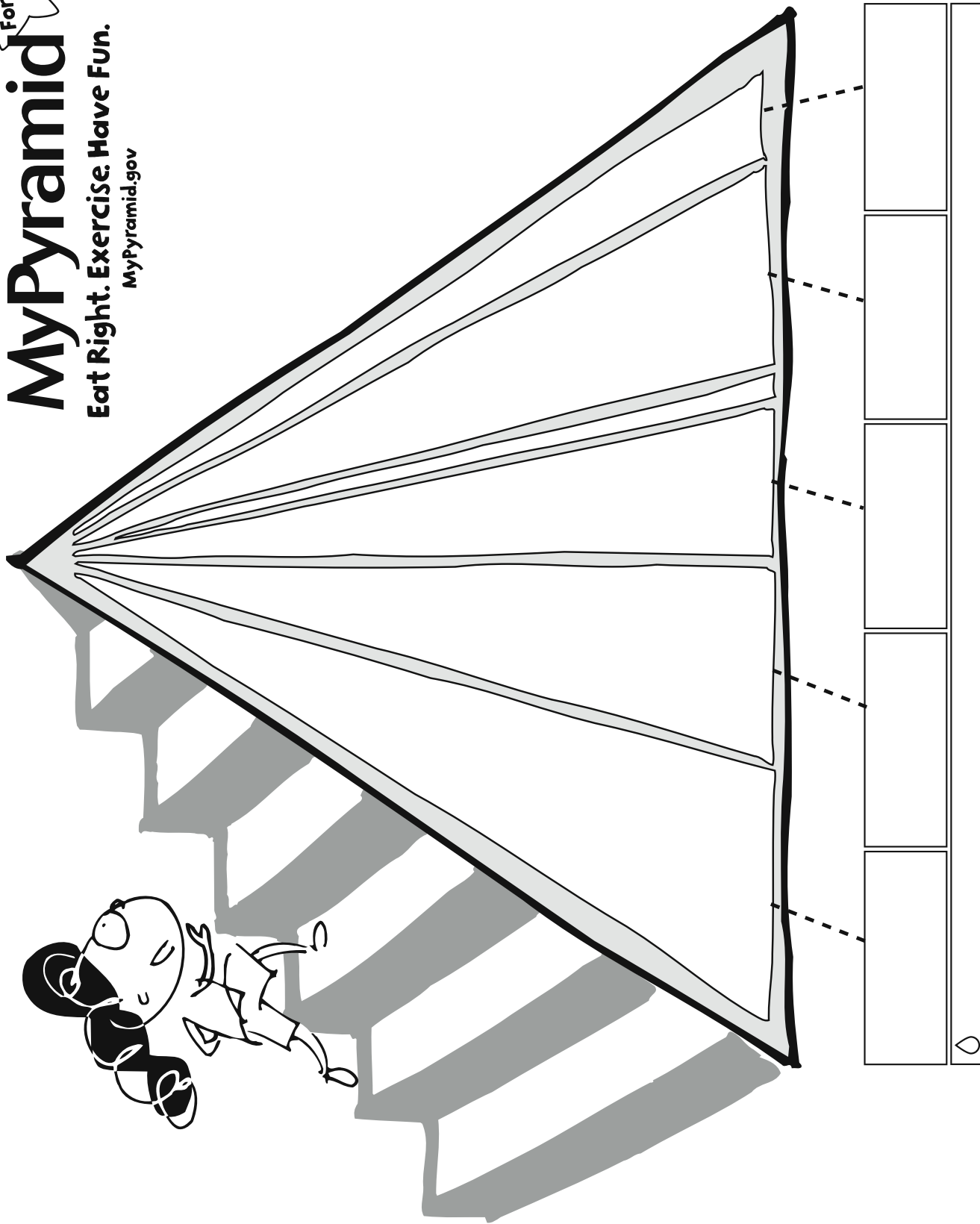
* Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.

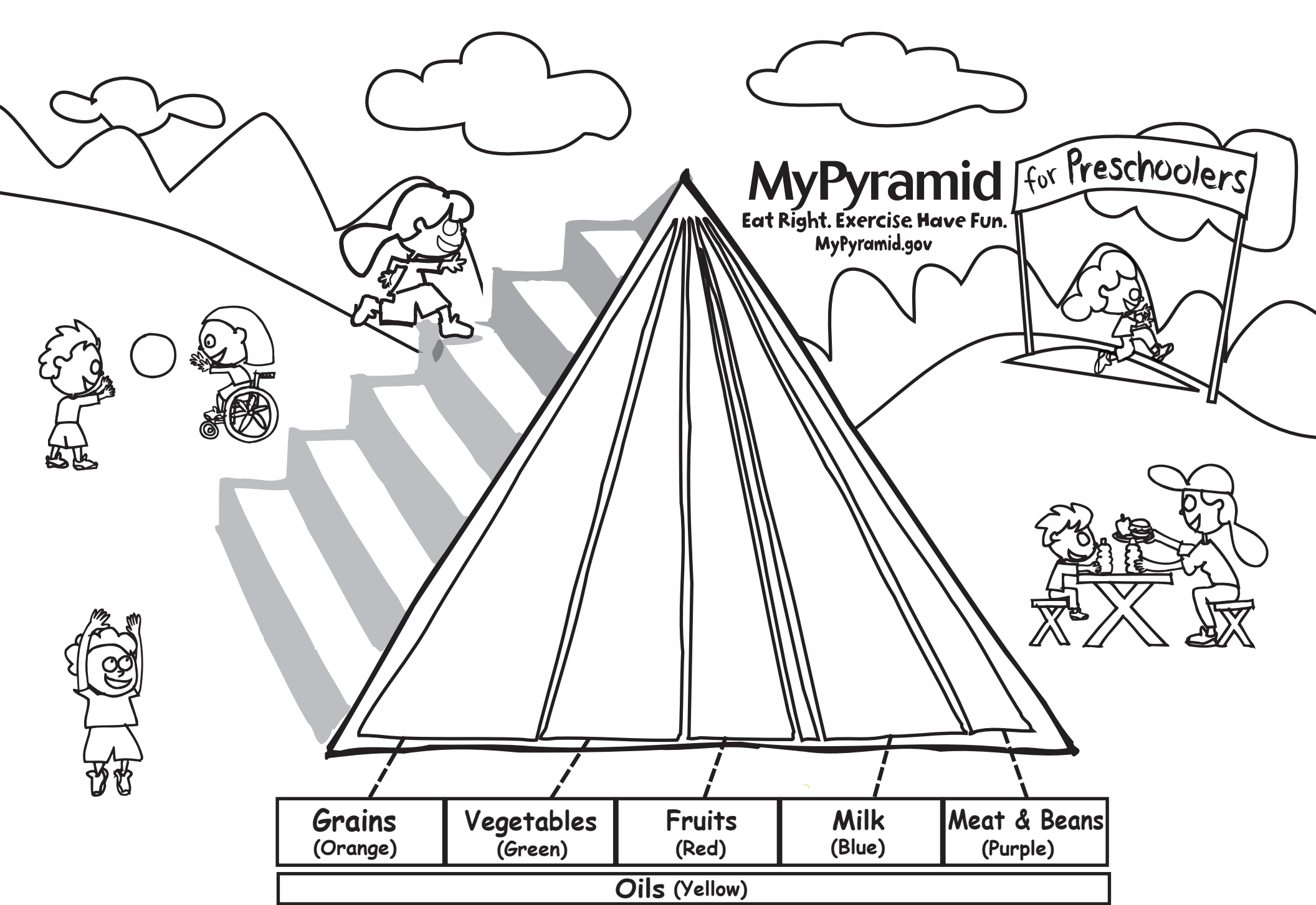


For Kids
MyPyramid

Eat Right. Exercise. Have Fun.

MyPyramid.gov





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MyPyramid for Preschoolers

Grains (Orange)	Vegetables (Green)	Fruits (Red)	Milk (Blue)	Meat & Beans (Purple)
Oils (Yellow)				

**Balance
It Out!**

Food Is Fuel

American Heart
Association 
Learn and Live.

Food is fuel for your body, and you can improve how well your body works by feeding it the most nutritious fuel. It is important to think about what and how much you eat.

Teachers should discuss the difference between “everyday” foods and “sometimes” foods. Mention that some “sometimes” foods are good for you and contain key nutrients, but they may also be high in calories. The way to keep a diet balanced is to pick foods from both categories AND to be physically active, balancing energy IN with energy OUT.

- “Everyday” foods are more nutritious and provide better fuel for your body. They also have vitamins and nutrients that our body can use every day. Examples of “everyday” foods are vegetables, lean meats, eggs, fat-free and low-fat dairy, and whole-grain/high-fiber foods. But watch out! Taking an “everyday” food (such as potatoes, fish or chicken) and frying it adds lots of fat, making it less healthy.
- “Sometimes” foods do not have as much nutritional value as other foods and they can have large quantities of calories, sugar or unhealthy fats. Some examples of “sometimes” foods are pizza, hamburgers, fries, hot dogs, chips and ice cream. A few “sometimes” foods such as sodas, donuts or candy have almost no nutritional value at all and are very high in calories or sugar. There are also “sometimes” foods that contain essential nutrients and are good for you but contain a lot of calories. Watch your portions to balance your energy IN with

Discussion Guide for Food Cards:

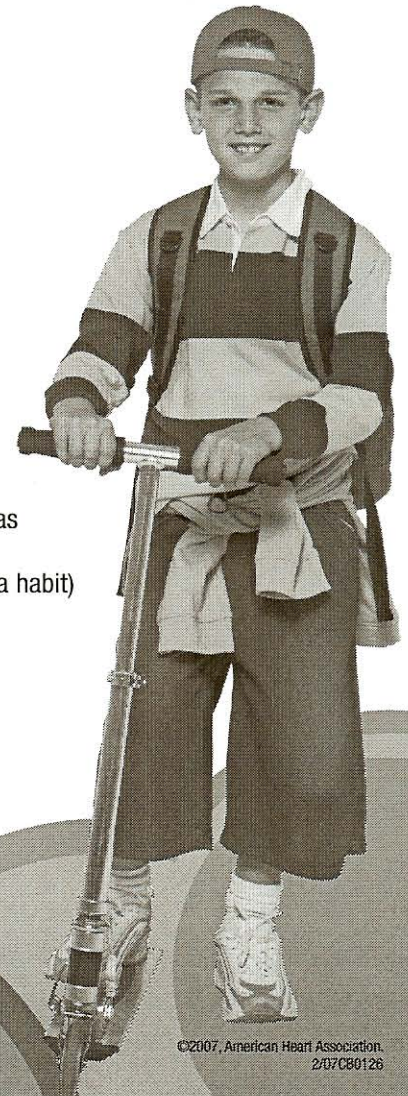
Everyday Foods:

- Chicken
- Fish
- Milk (choose fat-free or low-fat options)
- Cheese (choose fat-free or low-fat options)
- Yogurt
- Whole-Grain Bread
- Tomatoes
- Potatoes (not fried)
- Water
- Juice (be careful of portion size)
- Pasta
- Whole-Grain, High-Fiber Cereal
- Bell Pepper
- Cherries
- Pear
- Carrots
- Broccoli
- Green Beans
- Salad

- Bananas
- Apple
- Strawberries
- Grapes

Sometimes Foods:

- Ham
- Macaroni and Cheese
- Nuts (be careful of portion size)
- Oil (be careful of portion size)
- Donuts (have as a treat and not as a habit)
- Cookies (have as a treat and not as a habit)
- Soda (have as a treat and not as a habit)
- French Fries
- Hamburger
- Pizza
- Candy
- Ice Cream
- Hot Dogs



Do You Know?

The brighter the food on the plate, the more vitamins and minerals you will con-

Why is Physical Activity Important?

Being physically active is fun, helps you look and feel your best, and gives you more energy to do other things.

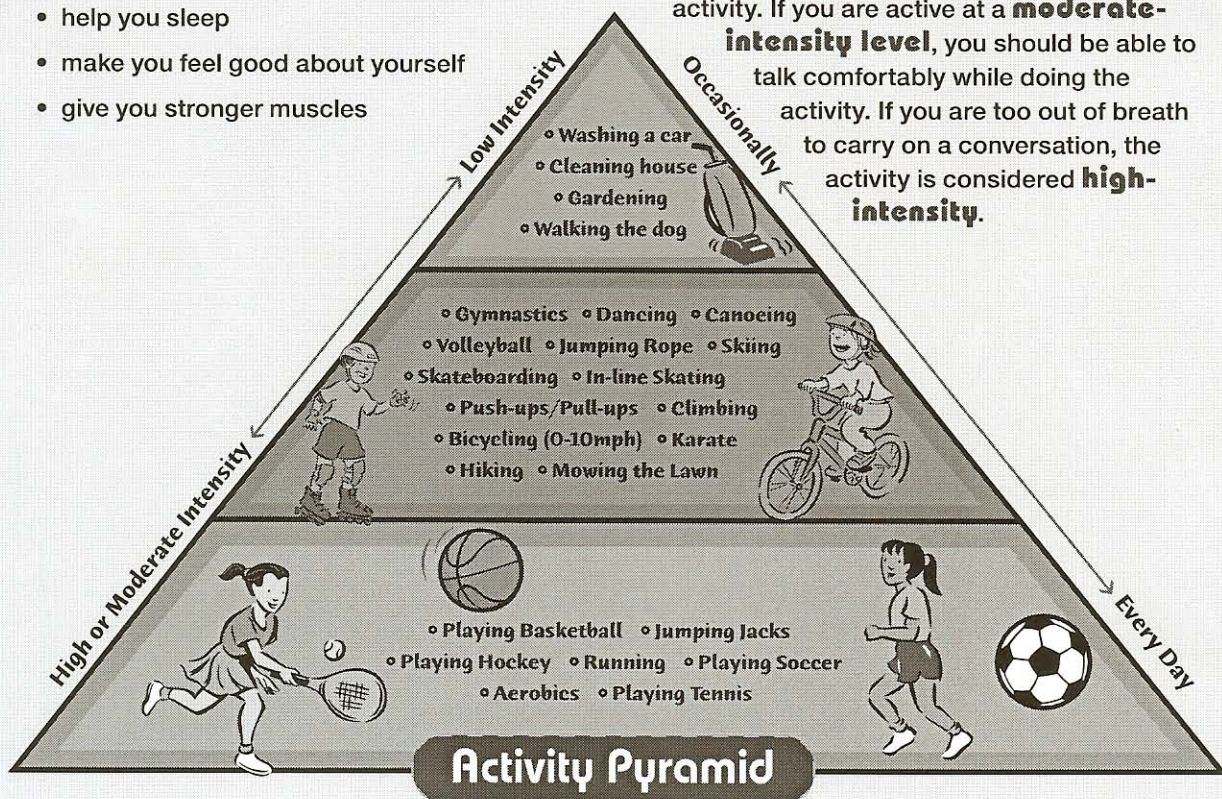
Physical activity helps your body work better, too! It can:

- improve blood circulation throughout your body
- help keep weight under control
- improve blood cholesterol levels
- boost your energy level
- help you sleep
- make you feel good about yourself
- give you stronger muscles

The more active you are,
the faster your heart beats.

Because your heart is a muscle, it becomes stronger and more efficient when you exercise it. You definitely want your heart to be strong enough to pump blood throughout your body! To benefit most from physical activity, try to get at least 60 minutes of moderate- or high-intensity activity each day.

If you are active at a **low-intensity level**, you should be able to sing while doing the activity. If you are active at a **moderate-intensity level**, you should be able to talk comfortably while doing the activity. If you are too out of breath to carry on a conversation, the activity is considered **high-intensity**.



Activity Pyramid



Get Moving Today!

What's Your Activity I.Q.?

See how much you know about participating in physical activity for a healthy heart. Circle the letter next to each correct answer.

- 1** Which of the following is an aerobic activity?

 - a. bicycling**
 - b. fishing**
 - c. racing your sister to the telephone**
- 2** How much total time in a day do you need to participate in an aerobic activity to keep your heart healthy?

 - a. at least 5 minutes**
 - b. at least 30 minutes**
 - c. at least 2 hours**
- 3** How many times each week should you do an aerobic activity to have a healthy heart?

 - a. at least 7**
 - b. at least 1**
 - c. at least 4**
- 4** Before you do a physical activity, you should

 - a. take your pulse.**
 - b. warm up.**
 - c. blow your nose.**
- 5** Physical activity does which of the following?

 - a. improves your breathing**
 - b. makes the blood rush to your head**
 - c. makes your hair grow faster**
- 6** A good activity for strengthening your leg muscles is

 - a. push-ups.**
 - b. curl-ups.**
 - c. climbing.**
- 7** Which is the best reason for choosing a physical activity?

 - a. All your friends do it.**
 - b. You enjoy doing it.**
 - c. You might become a professional and make a lot of money doing it.**
- 8** Which of these household chores is also an aerobic activity?

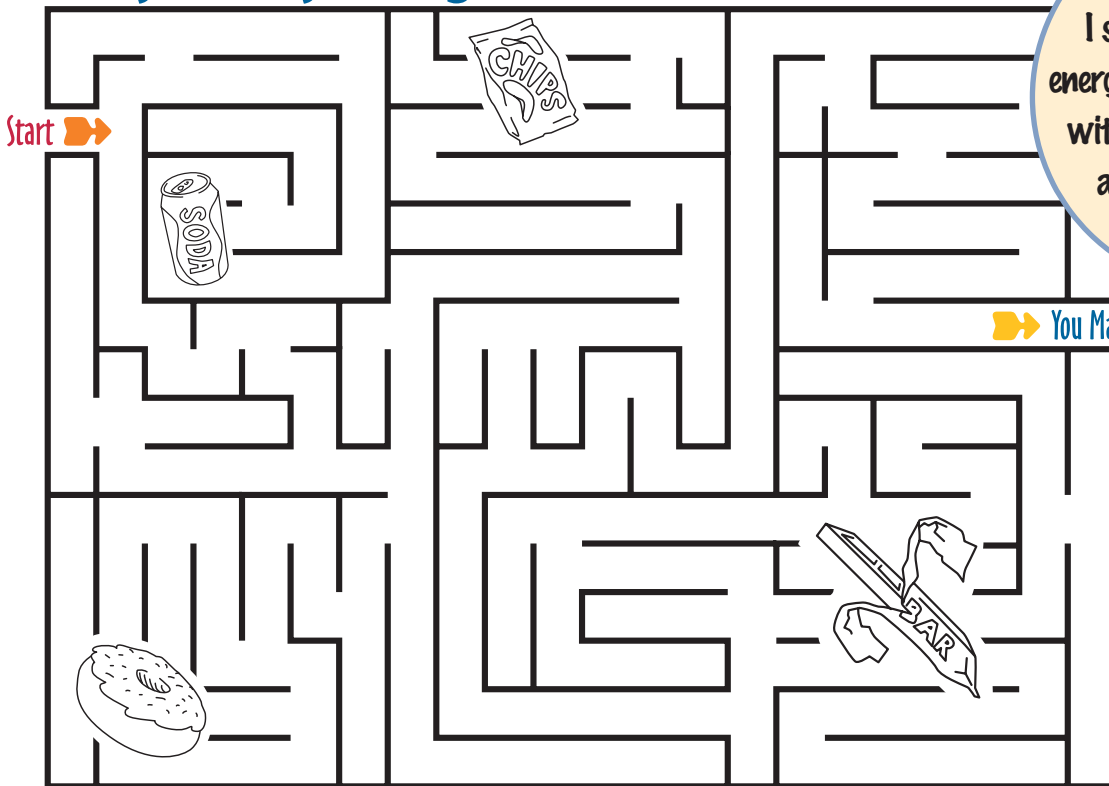
 - a. cleaning your room**
 - b. washing the dishes**
 - c. mowing the lawn**

My Drawing

Draw a picture of you and
your friends doing your
favorite healthy activity.

Grab Quick & Easy Snacks

Find your way through the Snack Maze

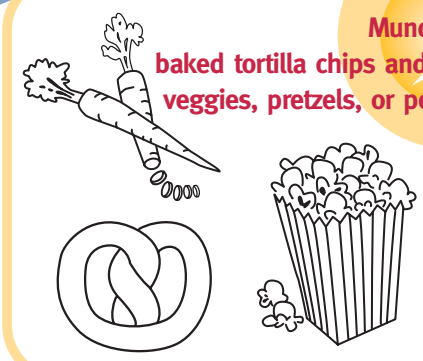


Eat less 'dead end' snacks high in sugar, fat, and calories.



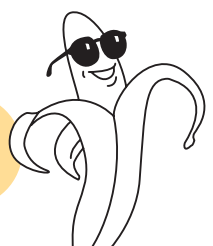
When I go on a hike, I sometimes run out of energy, so I fill my backpack with pretzels, dried fruit, and bottled water to keep me going.

POWER POINTS
Munch on...
baked tortilla chips and salsa, veggies, pretzels, or popcorn.



FUNNIES

What has appeal?



Tuna Pita Sandwich

I've got a great idea for a quick snack when you're hungry.

- 1 small can of tuna
- 1 piece of pita bread
- tomato slices
- lettuce leaves

Open and drain the tuna; grab tomato and lettuce.

Carefully, cut the pita bread in half to make two pockets.

Fill with tomato and lettuce. Top with tuna. Serves 2.

What a great and filling snack!

Power Panther™ says... Eat Smart. Play Hard.™
www.fns.usda.gov/eatsmartplayhard

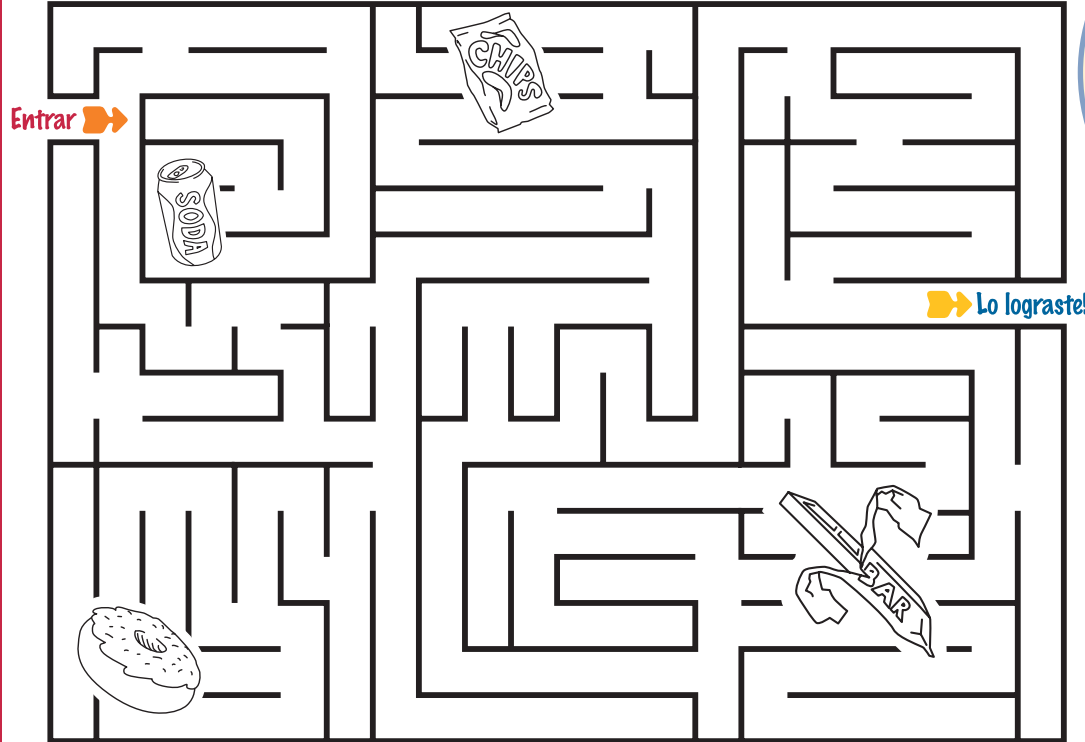


Come Un Bocadillo Rápido y Sencillo.



Cuando me voy de caminata, a veces me encuentro sin energía. Por eso lleno mi mochila con pretzels, frutas secas, y agua potable para seguir andando.

Encuentra la salida del Laberinto de Bocadillos



Escoge el camino más sano: Come bocadillos con pocas grasas, azúcar y calorías.

¡Una Idea Poderosa!

Come tortillas al horno con salsa, vegetales, pretzels, o palomitas de maíz.



Sandwich de Atún y Pan Pita



Respuesta de Risas: En la banana



Enter the FUN ZONE



Tip: Pump up your energy level! Swim, jump rope, or go biking with your friends.



Watermelon Ice

Prepare this treat ahead of time and grab it on your way out the door.

You need:
 1 cup cubed seedless watermelon;
 1/2 cup cracked ice;
 3 teaspoons of sugar;
 A squeeze of lime juice.

Using an adult's help, in a blender, place cracked ice, sugar, lime juice and watermelon. Process until well blended.

Put in cup and place into freezer until slushy and ready to serve.

Makes 1 serving. Enjoy!

Crack the Secret Power Code

Use your detective skills and the code at the right to complete the activity.

- Being physically active, healthy, strong, fit, and energetic is fun and helps you feel good too!
- Balance what you eat with protein, fruits, and vegetables.
- Eat a variety of fruits, vegetables, and whole grains, dairy, and nuts foods.
- Balance each day with protein, fruits, and vegetables and dairy, whole grains, and nuts.

Code

a-	b-
c-	d-
e-	f-
g-	h-
i-	j-
k-	l-
m-	n-
o-	p-
q-	r-
s-	t-
u-	v-
w-	y-
z-	

POWER FACT:

Power Panther™ was a part of which of these major events? Check 5 correct answers.

<input type="checkbox"/> Cherry Blossom Parade	<input type="checkbox"/> World Cup
<input type="checkbox"/> World Series	<input type="checkbox"/> Pro Rodeo
<input type="checkbox"/> Super Bowl	<input type="checkbox"/> NBA Finals
<input type="checkbox"/> Special Olympics	<input type="checkbox"/> Macy's Thanksgiving Day Parade



