

Healthy Food Pyramid

FATS, OILS & SWEETS GROUP

USE SPARINGLY

The small tip of the Pyramid shows fats, oils and sweets. These are foods such as oils, salad dressings, cream, butter, margarine, sugars, soft drinks, candies and sweet desserts. These foods provide calories and little else nutritionally.



MILK, YOGURT AND CHEESE GROUP

2-3 SERVINGS PER DAY
WHAT COUNTS AS A SERVING?
1 cup of milk or yogurt
1 1/2 ounces of natural cheese
2 ounces of processed cheese



MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP

2-3 SERVINGS PER DAY
WHAT COUNTS AS A SERVING?
2-3 ounces of cooked lean meat, poultry, or fish
1/2 cup of cooked dry beans or 1 egg or 2 tablespoons of peanut butter count as 1 ounce of lean meat.

VEGETABLE GROUP

3-5 SERVINGS PER DAY
WHAT COUNTS AS A SERVING?
1 cup of raw leafy vegetables
1/2 cup of cooked vegetables
3/4 cup of vegetable juice



FRUIT GROUP

2-4 SERVINGS PER DAY
WHAT COUNTS AS A SERVING?
1 medium piece of fresh fruit
1/2 cup of chopped, cooked, or canned fruit
3/4 cup of fruit juice



BREAD, CEREAL, RICE AND PASTA GROUP

6-11 SERVINGS PER DAY
WHAT COUNTS AS A SERVING?
1 slice of bread
1 ounce of ready-to-eat cereal
1/2 cup of cooked cereal
1 cup of rice or pasta

Food Guide Pyramid For Kids Picture

Connie Liakos Evers



Food Guide Pyramid For Kids Picture:

The Power of Picture Books in Teaching Math and Science Lynn Columbia, 2017-05-12 This book's 50 plus lessons each based on a different picture book or story will help classroom teachers build a foundation for teaching math science and social studies concepts to their students Each lesson uses children's literature to make challenging abstract concepts relevant to children's lives inviting them to learn these concepts while responding to a story's illustrations theme characters and plot The lessons also demonstrate how teachers can use children's literature to meet national standards in math science and social studies Chapters 1 through 5 set the stage for using picture books discussing the effective imaginative integration of literature into the classroom Teachers will learn to create an environment that ensures that when children and books come together the experience is enjoyable and thought provoking Chapters 6 through 9 provide individual lessons by grade level with detailed activities based on specific books

The Giant Encyclopedia of Learning Center Activities Kathy Charner, Maureen Murphy, Jennifer Ford, 2005 This book contains hundreds of accessible teacher written learning center activities The GIANT Encyclopedia of Learning Center Activities is the eighth book in Gryphon House's GIANT Encyclopedia series The learning centers in this book can either be permanent year long centers or set up and removed according to the season or children's interests and needs Through play young children learn to communicate interact and expand their cognitive thinking horizons The GIANT Encyclopedia of Learning Center Activities provides the resources to make play meaningful and educational for young children This book offers Over 600 activities and 47 learning centers including familiar permanent centers such as Art or Blocks and new and exciting centers such as Farm Space Safari Shoe Store and Ice Cream Shop Opportunities in each center for children to work at their own developmental level Materials lists for each activity step by step instructions and related books songs and poems Fresh new ideas from teachers who have used these activities in their own classrooms

Active Start for Healthy Kids Stephen J. Virgilio, 2006 When it comes to physical activity and proper nutrition young children need more encouragement and structure than ever before especially in a culture inundated by video games television and fast food Active Start for Healthy Kids Activities Exercises and Nutritional Tips contains a wealth of fun easy to implement activities that are specifically designed to teach 2 to 6 year old children important health concepts With this book as your guide you can reach children in their formative years and help them develop positive behaviors that will last a lifetime Dr Stephen Virgilio has been a children's health expert for more than 25 years In this book he provides a wealth of safe inexpensive and developmentally appropriate activities that parents teachers and caregivers can implement More than 50 developmental exercises and activities for flexibility muscular fitness and cardiorespiratory endurance 20 fun family physical activities 16 motor skill activities 21 yoga poses and games 18 dance and rhythm activities The top 10 nutritional guidelines for parents and teachers Heart healthy kids recipes Help children engage in exercise that will benefit them for years to come Active Start for Healthy Kids Activities Exercises and Nutritional Tips is the first step

toward a fuller longer and better life for the next generation **Family Economics and Nutrition Review** ,1999

Kitchen Science for Kids Patricia Foster Thonney, Tracy J. Farrell, 1995 Describes science activities that explore the physical and chemical properties of food designed for school age child care educational programs for mixed age groups of children between the ages of 5 and 12 Activities support food and nutrition education **Early Learning Thematic Lesson Plans, Grades PK - 1** Sherrill B. Flora, M.S., 2005-01-02 Includes over 600 activities Reproducibles *Save Your Child from the Fat Epidemic* Gayle Alleman, Gayle Povis Alleman, 1999 More children are overweight today than ever before and those who aren't often have diets that may guarantee health problems in adulthood In this compelling book respected dietitian Gayle Alleman offers parents a counterattack and timely solution to this assault on their children's health

Linking Language Robert E. Rockwell, Debra Hoge, Leroy Searcy, 1999 Contains detailed instructions and reproducible worksheets to improve language and literacy skills in early childhood education classrooms and covers snack time dramatic and outdoor play art music and movement math and science and more *Kindergarten Program* Charlie Gibbons, Harcourt Brace, 1999-02 **4-H Child Development Activity Guide** ,2005 *Health, Safety, and Nutrition Activities A to Z* Joanne Matricardi, Jeanne McLarty, 2007 Health Safety and Nutrition Activities A to Z presents a detailed lesson plan format of open ended activities Users will enjoy the activities as they explore different options to live a healthy safe and nutritious life The activities are easy to understand and follow Each section will assist users in finding activities for a theme based curriculum to incorporate a letter of the week or provide a spur of the moment filler activity **How to Teach Nutrition to Kids** Connie Liakos Evers, 1995 Contains nutrition education activities and strategies that integrate nutrition into the classroom cafeteria and home environments Highlights include guidelines for instilling positive food attitudes information on how to make the Food Guide Pyramid and Nutrition Facts food labels meaningful to children food art creations for children to make and eat etc **Internet for Kids (Challenging)** Sandy Spaulding, 1997-02 A simple introduction to the Internet including electronic mail file transfer protocol Usenet news Gopher World Wide Web and classroom projects *The Horn Book Guide to Children's and Young Adult Books* ,2002 **Classroom Connect Newsletter** ,2000 **Management of Child Development Centers** Patricia F. Hearron, Verna Hildebrand, 2007 This is the core text that students of child development center administration need to help them learn to manage effectively in the twenty first century In this text the author focuses on targeted problem solving strategies decision making and specific tools The text has been updated and expanded to emphasize strategies and solutions to the challenges facing today's child development center managers **Science Experiences for the Early Childhood Years** Jean Durgin Harlan, Mary S. Rivkin, 1996 *The American Dietetic Association's Complete Food and Nutrition Guide* The American Dietetic Association (ADA), Roberta Larson Duyff, 1998-05-20 A lifetime of sound advice on healthful eating from the world's foremost authority on food and nutrition Thoughts about eating are changing The focus has moved from dieting and losing weight to healthful overall eating habits to help you feel

good live well and prevent disease With so much new information coming from so many different sources eating right can be confusing but it doesn't have to be This comprehensive book from The American Dietetic Association explains everything you need to know about what you eat allowing you to enjoy your favorite foods and maximize nutrition The American Dietetic Association's Complete Food Nutrition Guide Provides Quick Access to Nutrition Information for the Whole Family Including What you need to know about vitamins minerals and antioxidants Low fat fast food and restaurant tips Healthful vegetarian eating Nutrition for disease prevention Why dieting doesn't work and what does Meeting the unique nutrition needs of women children teens and seniors How to decipher health claims in the headlines Top nutrition tips for sports and exercise How to protect against foodborne illness And much more Also included are recently updated recommendations for certain vitamins and minerals the USDA Dietary Guidelines for Americans kitchen nutrition tips self assessment quizzes and an expanded index With nearly 70 000 members The American Dietetic Association is the largest organization of food and nutrition professionals in the world Named one of Ladies Home Journal's Top Health Books of 1996 Winner of a 1997 Health Information Award A must for everyone's kitchen The Oregonian Jam packed with practical eating and food safety tips USA Today Intelligent advice about sensible eating Washington Times May be the ultimate healthy eating primer Fitness Magazine

A Child Goes Forth Barbara J. Taylor, 2004 For Curriculum in Early Childhood courses With its coverage organized around eleven areas of experience that are critical to a child's development this practical text shows prospective teachers of children ages 2 to 5 how the basic characteristics of young children should influence instructional planning curriculum and expectations Coverage incorporates the best of traditional methods and the brightest ideas of today's cutting edge thinkers into a cohesive presentation that emphasizes the individuality of each child and the idea that a relaxed unstructured yet carefully planned atmosphere is most conducive to effective teaching The result is a volume of solid practical advice and encouragement for students who love children and want to help them go forth successfully

Feed Your Kids Right the Lazy Way Virginia Van Vynckt, 1999 This book provides lists of healthy foods for meals and snacks tips and shortcuts for making nutritious cooking a snap and advice on what parents really need to worry about when it comes to their kids diets

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