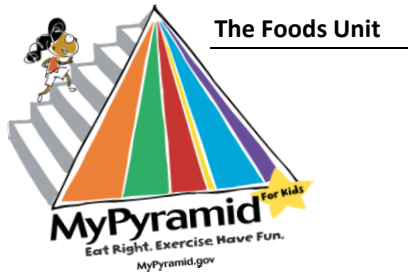


# 6<sup>th</sup> Grade Foods Unit

## Part 1a: Introduction to the Foods Unit

Name \_\_\_\_\_ Period \_\_\_\_\_ Score \_\_\_\_\_



- Signature Search – Intro to the Foods Unit
- Family Circus Cartoon – “What would happen if we ate no food?” – “We wouldn’t get Dessert!” Discuss . . .
- Word Sort – What do you know about Nutrition?
- Video – MyPyramid.gov
- Handout – MyPyramid.gov
- Review Information Activities

#### ASSIGNMENTS:

- Notes
- Puzzle – Hidden Nutrition
- Final Test (End of the Quarter)

#### Websites:

##### Video about the Pyramid

[http://www.mypyramid.gov/global\\_nav/media\\_animation-presentation\\_eng\\_pc.html](http://www.mypyramid.gov/global_nav/media_animation-presentation_eng_pc.html)

<http://www.mypyramid.gov/index.html>

\* Check section for kids also.

#### Vocabulary:

Edible

Nutrition

Nutrients

Function

FCS

#### Nutrition Word Sort

##### Directions:

- Students will work in-groups.
- Arrange the following words into a group related to nutrition.
- To help you with your groups I will select the headings. Label each section of the graphic organizer with one of the headings: Grain, Vegetables, Fruits, Milk, Meat, Fats and Oils.
- We will discuss your groups after all are done. Be sure to write correct answers on your graphic organizer so you can use it as a review sheet.

#### Words to Sort

Bowl of Ice Cream

Calcium

Eat a variety of Vegetables

Fiber

Kiwi

Margarine

Peanut Butter

Go Lean with Protein

Spaghetti

Tortilla Chips

Vitamin C

Colored Bands

Activity



Name \_\_\_\_\_

Date \_\_\_\_\_

# My Pyrmid - Graphic Organizer

Topic \_\_\_\_\_

Grain

Vegetable

Fruit

Meat

Milk

Fats and Oils

The Pyramid Parts

# 6<sup>th</sup> Grade Foods Unit

## Part 1: The New Food Pyramid

Name \_\_\_\_\_ Period \_\_\_\_\_

Complete the activities listed using the listed Websites:  
My Pyramid - 2005 Activities

[http://www.mypyramid.gov/global\\_navigation/media\\_animation\\_presentation\\_eng\\_pc.html](http://www.mypyramid.gov/global_navigation/media_animation_presentation_eng_pc.html)

Take a tour of the new pyramid in this animated feature.

<http://www.mypyramid.gov/mypyramid/index.aspx>

Find out which pyramid you should follow. There are 12 choices. **Run off a copy.**

<http://www.mypyramid.gov/pyramid/index.html>

Using this Website, begin to complete the following notes about the food pyramid.

### Nutrition Notes

**Grain Group- Make 1/2 grains whole.**

#### Video Notes:

1. Put an "X" on the band that represents the grain group. Color this band orange.
2. List 2 **edible foods** found in this group.
3. List 3 **nutrients** in this group.



**Complex \_\_\_\_\_**  
**Fiber, and Iron**

4. List one **function** for each nutrient listed in questions #3.
5. What amount should you try to get from this group if you are eating a 2000-calorie diet?

(Minds in Motion . . .)

*Vegetable Group - Vary your veggies!*

**Video Notes:**

- Put an "X" on the band that represents the vegetable group. Color this section green.
- List 2 **edible foods** found in this group.
- List 3 **nutrients** in this group.  
Vitamin \_\_\_\_\_, Vitamin \_\_\_\_\_, and Fiber
- List one **function** for each nutrient listed in questions #8.

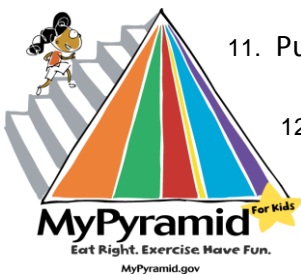


- What amount should you try to get from this group if you are eating a 2000-calorie diet?

*(Minds in Motion . . .)*

*Fruit Group- Focus on Fruits.*

**Video Notes:**



- Put an "X" on the band that represents the fruit group. Color this band red.
- List 2 **edible foods** found in this group.
- List 3 **nutrients** in this group.

Vitamin \_\_\_\_\_, Vitamin \_\_\_\_\_, and Fiber

- List one **function** for each nutrient listed in questions #13.

- What amount should you try to get from this group if you are eating a 2000-calorie diet?

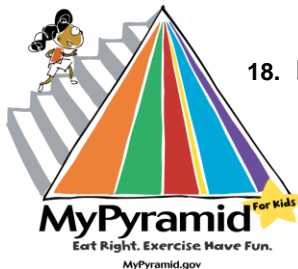
*(Minds in Motion . . .)*

*Milk Group – fat calcium rich foods that are low in fat.*

Video Notes:

16. Put an "X" on the band that represents the milk group. Color this band blue.

17. List 2 **edible foods** found in this group.



18. List 3 **nutrients** in this group.

**Calcium, Protein, and** \_\_\_\_\_

19. List one **function** for each nutrient listed in questions #18.

20. What amount should you try to get from this group if you are eating a 2000-calorie diet?

*(Minds in Motion . . .)*

*Meat Category: – Go lean with protein.*

Video Notes:

21. Put an "X" on the band that represents the meat group. Color this band purple.

22. List 2 **edible foods** found in this group.

23. List 3 **nutrients** in this group.

**Protein, Fats, and** \_\_\_\_\_

24. List one **function** for each nutrient listed in questions #23.

25. What amount should you try to get from this group if you are eating a 2000-calorie diet?

\_\_\_\_\_

*(Minds in Motion . . .)*



***Fats and Oils Group- Limit added sugars!***

**Video Notes:**

26. Put an "X" on the band that represents the fats and oils group. Color this band yellow.

27. List 2 **edible foods** found in this group.

28. List 2 **nutrients** in this group.

**Fats** and Simple \_\_\_\_\_

29. List one **function** for each nutrient listed in questions #28.



30. Circle the foods from this group that you eat most often:

Beef	Butter	Deep fat fried foods	Fish
Nuts	Poultry	Vegetable Oils	

(Minds in Motion . . .)

***Nutrition in a Wordle – “Name that Food Group!”***

Directions: Write the name of the food group next to the wordle that best describes it.

**A**

Calcium  
Three cups  
Blue Bands  
Fats  
Pudding  
osteoporosis  
Protein  
Ice Cream  
Strong bones

**B**

Complex Carbohydrates  
Fiber  
Spaghetti  
Digestion  
Healthy  
Healthy Blood  
Six Ounces  
Orange Band  
iron  
Long Lasting Energy

*Nutrition in a Wordle – "Name that Food Group!"*

**C**

A wordle for the letter 'C' featuring the following words: Simple CHO, Quick Burst Energy, Fats, Margarine, Chips, Limit Amounts, Stored Energy, Yellow Band, and Soda Poppy.

**D**

A wordle for the letter 'D' featuring the following words: Eggs, Protein, Fats, Iron, Cell Growth, Peanut Butter, Healthy Blood, Stored Energy, and Five and Half Ounces.

**E**

A wordle for the letter 'E' featuring the following words: Peaches, Two cups, Watermelon, Healthy Digestion, Night Vision, Vitamin A, Vitamin C, Red Band, and Fiber.

**F**

A wordle for the letter 'F' featuring the following words: Fiber, Vitamin A, Healthy Digestion, Radish, Night Vision, Vitamin C, Broccoli, Fights Infection, and Two and Half cups.

# Hidden Nutrition

Name \_\_\_\_\_ Period \_\_\_\_\_ Score \_\_\_\_\_



Directions:

- Step 3: NUTRITION WORD FIND (Bonus Section): Nutrition facts that we have discussed are hidden in the puzzle. The facts may be listed forwards, backwards, horizontally, or vertically. Circle the nutrition notes, and complete the "Hidden Message".
- Step 2: CATEGORIZE THE NOTES: Write the notes in the blanks under the correct food group names.
- Step 1: NUTRITION NOTE BANK: A word bank is found at the bottom of the page. Use it.

### Step 3: Nutrition Word Find – This is the Bonus Section.

P	C	F	O	D	L	Z	U	C	C	H	I	N	I	Y
P	E	O	L	E	N	D	N	A	B	D	E	R	O	E
A	U	A	M	D	N	A	B	E	G	N	A	R	O	L
C	W	R	N	P	Y	I	B	T	H	E	F	E	O	L
T	O	D	P	U	L	T	R	N	P	Y	R	B	A	O
I	M	I	D	L	T	E	E	A	E	F	O	I	R	W
V	A	H	E	A	E	B	X	I	G	E	L	F	T	B
I	C	H	I	P	S	B	U	C	R	R	R	H	I	A
T	I	E	R	Y	O	U	A	T	H	A	A	G	C	N
Y	P	R	O	T	E	I	N	N	T	O	V	M	E	D
S	I	M	P	L	E	C	H	O	D	E	K	Q	C	S
S	P	A	G	H	E	T	T	I	R	Z	R	Q	R	V
M	D	N	A	B	E	U	L	B	R	I	V	O	E	M
A	N	I	M	A	T	I	V	M	U	I	C	L	A	C
C	N	I	M	A	T	I	V	S	T	A	F	J	M	A

### Hidden Message

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### Step 2: Categorize the Hidden Notes \*Note: Not all blanks will be filled. Be sure to record notes in all squares that apply!

Grain	Vegetable	Fruit	Fats and Oils	Milk	Meat	Food Pyramid

### Step 1: View the Nutrition Note

Activity

- Blue Band
- Calcium
- Complex CHO
- Fats
- Fiber
- Green Band

- Ice Cream
- Iron
- Margarine
- Orange Band
- Peanut Butter
- Protein

- Purple Band
- Red Band
- Simple CHO
- Spaghetti
- Chips (Tortilla/Potato)
- Variety

- Vitamin A
- Vitamin C
- Yellow Band
- Zucchini