



The Edible Pyramid

by Loreen Leedy

About This Book



When the animals come to the grand opening of *The Edible Pyramid* restaurant, they learn to make healthy food choices and to eat a variety of foods. This lively picture book uses colorful illustrations to teach children about food choices in each food group. Serving size and the concept of estimating are introduced when the animals order their meals. Through a series of conversations, the animals learn about using the Food Guide Pyramid (FGP) as a guide to a healthy diet.

Nutrition/Health Objectives

Students will...

- Recognize the Food Guide Pyramid (FGP) and the different food groups.
- Name at least three foods in each food group.
- State that in order to stay healthy they should eat a variety of foods from all the food groups.

It's A Fact

There is a different Food Guide Pyramid for Young Children ages 2-6. The number of servings required in each group stays the same but some of the foods pictured are different; and for 2- to 3-year olds the serving size is smaller except for milk.

Cross-Curricular Links

Language Arts: Apply reading, repeating, and recognizing skills while reading new food words from the book and (for older students) from the Nouns You Can Eat food word cards.

Math: Practice counting and adding skills when reading and learning about serving size.

Science: Recognize common characteristics of foods within food groups.

Getting Started

1. Display the *It's Up to You!* double pyramid poster where everyone can see it. (If you are working with children younger than 6 years old, you may want to use the Food Guide Pyramid for Young Children.)
2. Point to the different food groups and explain that in order to stay healthy we need to eat foods from all of the food groups shown on the poster.

Focus on the Book

Tell the children: *Today we will be reading a book about animals visiting The Edible Pyramid Restaurant. At the restaurant they learn about making healthy food choices.*

- Help the students read the title of the book and identify the author/illustrator.
- Point to the illustrations on the front and back covers. Have students predict what else might happen in the book. Ask if anyone ate dinner at a restaurant last night.
- While reading the book, have children identify foods in each food group and point to the corresponding food group on the FGP poster.

After Reading

Ask the students these questions that relate to the Nutrition/Health Objectives:

1. *Which food groups of the FGP were discussed in the book?* (Point to the poster as the food groups are mentioned.)
2. *What is a serving size?*
3. *Who has eaten something from the bread, fruit, vegetable, etc. food group today?* Reinforce that it is important to eat foods from each of the five main food groups every day. Talk about foods that include ingredients from several food groups such as pizza, tacos, and sandwiches. Brainstorm a list of other foods like this.
4. *Why should you eat food from all of the different food groups?*

Classroom Cooking: Pyramid Bagel Faces

1. Instruct all children to wash their hands for at least 20 seconds with warm water and soap.
2. Give each student a paper plate and one-half of a bagel.
3. Allow children to spread peanut butter, refried beans, or low-fat cream cheese on their bagel so that the other toppings will stick.
4. Distribute cut up vegetables and fruit, dried fruit, and nuts to students.
5. Instruct students to use foods from several different food groups to create bagel faces.
6. Ask students to identify which food group each food on their bagel face belongs in. *Are any of the foods from the top of the Pyramid?*
7. Encourage children to eat their Edible Pyramid creations.

Be sure to check for peanut allergies before offering peanut butter.

Supplies

- Paper plates
- Plastic knives
- Napkins
- One-half bagel per student
- Peanut butter, refried beans, or low-fat cream cheese
- Cut up fresh and/or dried fruits, vegetables, and nuts or seeds for decorating bagel faces

Other Classroom Fun: An Edible Pyramid Hallway Display

1. With a thick, black marker draw an outline of the Food Guide Pyramid onto the bulletin board paper.
2. Write in big letters at the top of the paper “Nouns You Can Eat”. Lay the paper on the floor or somewhere where students won’t step on it.
3. Instruct students, one at a time, to reach in the box or bag and choose a food photo card or food word card. (No peeking!) Ask students to read the card out loud (if it is a word card) or to say what the picture is (if it is a cut-out food photo) and to state what food group the food belongs in.
4. Ask each student to glue his or her card onto the corresponding food group of the large paper Pyramid.
5. Continue until all students have had at least two turns or until you run out of time.
6. Hang the display in an approved location where others can see it.

For Non-readers: Label the poster “Our Edible Pyramid,” omit the word cards, and use only cut out pictures of food.

Closure and Take Home Message:

1. Remind students that in order to stay healthy we need to eat foods from all of the five main food groups.
2. Send home with students *Dear Parents* and *Raising a Reader* handouts.

Other Great Food Guide Pyramid Books:

Dinosaurs Alive and Well! A Guide to Good Health by Laurie Brown and Marc Brown
Good Enough to Eat: A Kid’s Guide to Food and Nutrition by Lizzy Rockwell
Oh, the Things You Can Do That Are Good for You! by Tish Rabe

Supplies

- Bulletin board paper, one piece (6’X 9’)
- Black marker (thick)
- Nouns You Can Eat word cards photo-copied and cut apart (next page)
- 30-50 photos of food, cut out from magazines, grocery store inserts, or flyers
- Glue sticks (one per student)
- Decorative box or grocery bag filled with cut out food photos and food word cards
- Tape or other approved adhesive to put up display or to repair the paper Pyramid in case it rips

Nouns You Can Eat ★ Word Cards

Milk

Chicken

**Potato
Chips**

Cheese

Tuna Fish

Candy Bar

Yogurt

Hot Dog

Butter

**Chocolate
Milk**

Beef

Soda Pop

Ice Cream

**Peanut
Butter**

Gum

**Pudding
made with
Milk**

**Soy Beans
or Tofu**

**Salad
Dressing**

Nouns You Can Eat ★ Word Cards

Bread

Apple

Peas

Rice

Watermelon

Broccoli

Tortilla

Cherry

Lettuce

Spaghetti

Pineapple

Carrot

Cereal

Strawberry

Spinach

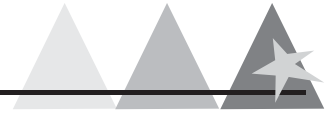
Cracker

**Orange
Juice**

Pepper



Dear Parents...



Most kids love pizza, particularly when they have the chance to make their own. Did you know that pizza is good for you? It is, especially if you choose toppings from several different food groups. Why not make this Friday night pizza night? Your kids will love it!

Kids Cook: Pizza!

You will need:

- 2 large cookie sheets
- non-stick cooking spray
- 2 loaves frozen bread dough, thawed overnight in the refrigerator, inside the bag
- 2-4 tablespoons spaghetti or pizza sauce per pizza
- healthy toppings for pizza, e.g., shredded cheese (low-fat is best), chopped veggies (any kind), drained canned pineapple or beans, and low-fat deli meats

To prepare the pizzas:

1. Divide the frozen bread dough into 4 equal parts (each one will be one pizza).
2. Roll or pat each part into a 9-inch circle that is about 1/2 inch thick.
3. Spray cookie sheets with non-stick cooking spray.
4. Place two dough circles on each cookie sheet.
5. Spread a thin layer of pizza or spaghetti sauce over the unbaked dough circles.
6. Fill small bowls or plates with pizza toppings, and let family members decorate their own pizzas using the toppings.
7. Bake at 375°F for 20-30 minutes or until crust is done. Remove from oven and let cool 5 minutes before cutting. Makes 4 single-serving pizzas.

Kids like reading about pizza almost as much as they like eating it! Check out these great pizza books from the school or local library:

***Little Nino's Pizzeria* by Karen Barbour**

***The King of Pizza* by Sylvester Sanzari**

***How Pizza Came to Queens* by Dayl Kaur Khalsa**



Raising a Reader



Why?

Why is an apple red? Why does my stomach make noise when I'm hungry? Why do I have to eat my peas?

“Why” questions sometimes drive parents crazy. But, asking “why” questions is a good thing. It shows your child is curious about himself and the world around him. *Did you know that being curious and asking why questions can help your child become a better reader?* That's because many of the answers to children's questions can be found in books.

As a parent, you are your child's best teacher. Sometimes you will be able to answer your child's questions, and sometimes you won't. That's when books and your local library come in handy.

Next time your child asks a “why” question, take him or her to the local library to try and find the

answer. Most public libraries have a children's section, and children's librarians know right where to look to find books to answer your child's questions. They will also have ideas of other books on the same topic that might excite or interest your child.

Children often ask questions about their bodies, where foods come from, and what happens to food when they eat it. There are plenty of books available at your child's school or your local library that can answer these questions. Listed below are a few great books about these topics. So, the next time your child asks a “why” question about one of these things, you can say:

“I don't know but...let's find out!”

Check Out These Books:



Dinosaurs Alive and Well! A Guide to Good Health

by Laurie Brown and Marc Brown

Good Enough to Eat: A Kid's Guide to Food and Nutrition

by Lizzy Rockwell

Oh, the Things You Can Do That Are Good for You!

by Tish Rabe

Supermarket by Kathleen Krull

What Happens to a Hamburger? by Paul Showers

Other Ways to Link “Why” Questions with Nutrition and Reading

1. During a meal, ask your child to think of a few books where the characters in the book are eating a meal. **Why** do they choose the foods they do in the story? Talk about the book with your child.
2. When you take your child grocery shopping, ask him or her **why** they put foods that are alike together and in certain places in the store? Read the book, *Supermarket*, by Kathleen Krull to find out.
3. Ask your child to write a list of his or her favorite foods. Does he or she know what food group they belong in and **why** they belong in that group? Go to the library and check out the book, *The Edible Pyramid*, by Loreen Leedy to find out.

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