

Student Buddies Enjoy Reading Together and Making Pyramid Faces on Rice Cakes

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Students in a kindergarten class and a third grade class at Wellston Elementary school in Wellston, Michigan are “reading buddies,” and while they improve their reading skills, choosing and eating healthy foods, and being active are two of the things they are learning about.

To enhance reading skills and integrate nutrition education into the curriculum students at Wellston read the book, *The Edible Pyramid*, by Loreen Leedy, then looked at a large Food Guide Pyramid and discussed the various food groups. Students named foods from the food groups that they had eaten that day, and recognized that they should eat a variety of foods from all of the food groups in order to stay healthy. Following the book and discussion, students created *Edible Pyramid Faces* using healthy ingredients. On a rice cake that was spread with peanut butter or lowfat cream cheese, students created a face using raisins, grated carrots, sliced celery and different shaped cereal pieces. Such ingredients helped to reinforce the message of eating a variety of food groups and served as an example of a healthy snack that children could enjoy.

After the lesson, students brought home a parent handout that included a healthy recipe and tips to help a child become a better reader. Evaluation results revealed that when asked their overall opinion of the tip sheet, 84% of parents indicated that it was worthwhile and should continue to be sent home with students.