

Science

Grade 2

Unit: Nutrition/Food Pyramid

Word	What It Is
food pyramid	a guide to remind you eat healthy, eat a variety of foods and stay active
serving	how much of a food to eat at one time
nutrients	something that people need to stay healthy
fat	an oily substance found in your body

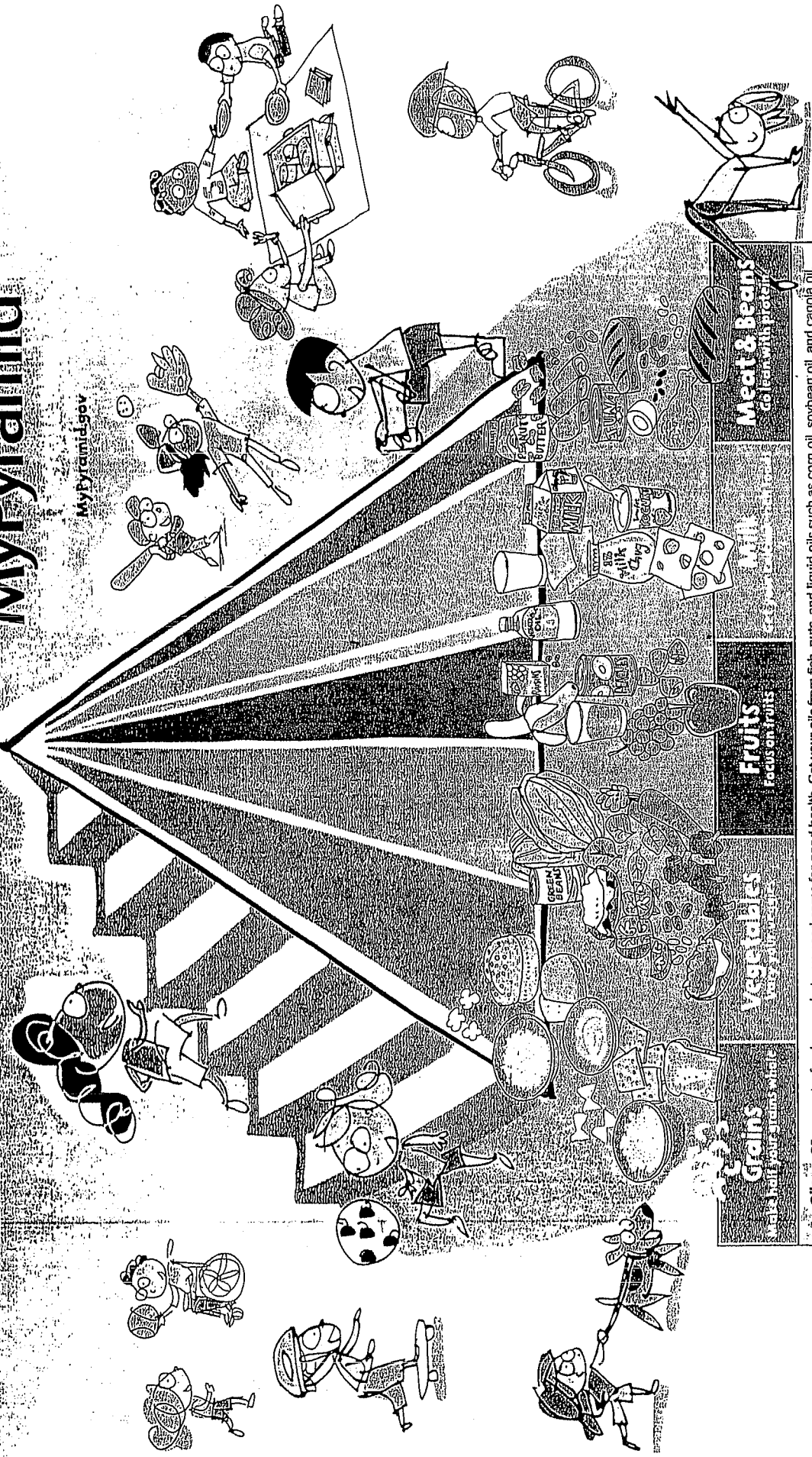
Group:	How it helps us:	Examples:
Grain Group	Gives you energy.	bread, cereal, popcorn, rice, crackers, pasta
Vegetable Group	Helps grow, stay healthy and see better.	corn, broccoli, celery, carrots, potatoes, peas, squash
Fruit Group	Helps your body heal cuts and bruises.	apples, bananas, grapes, strawberries, oranges, real fruit juice
Dairy Group	Helps your body build strong bones and teeth.	milk, cheese, yogurt, pudding, cottage cheese
Meat or Protein Group	Helps your body build strong muscles.	beef, chicken, fish, eggs, nuts, peanut butter, dried beans
Fats, Sweets, Oils	Not very helpful. May give you energy for a short time.	butter, oil, candy, soda, potato chips, donuts, dressing, mayonnaise

Essential Question:	Answer:
1. How does the food pyramid help us eat healthy?	The food pyramid guide helps us eat a balanced diet.
2. What are the food groups and how do they help your body?	See chart above.
3. Why do we need a variety of foods?	Each food group helps us in a different way. Eating a variety of foods helps us get all the nutrients we need.

For Kids

MyPyramid

MyPyramid.gov



Meat & Beans
Go lean with protein

Milk
Focus on fat-free or low-fat

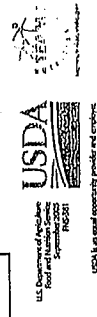
Fruits
Focus on fruits

Vegetables
Focus on dark green, red, and orange

Grains
Focus on whole grains

Oils Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun **Fats and sugars — know your limits**



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