

Name/Title: Food Pyramid Game

Purpose of Event: To review the content and objectives from health lessons on Dietary Guidelines and Healthy Eating.

Suggested Grade Level: 6-8

Materials Needed: Two large empty food pyramids drawn on a board or poster board, a brown grocery bag filled with photos of food from each food category,(everything works best if laminated), questions from the previous lessons

Description of Idea

Divide the class into two teams. Flip a coin to determine which team will answer the first question. Ask the first team a question that pertains to dietary guidelines. If the team answers it correctly they draw a food from the grocery bag and place it in the appropriate part of the food guide pyramid. If the answer is incorrect the opponents get to answer the question. The object of the game is to be the first team to fill in the food pyramid with the correct amount of food servings. (All subject matter should have been cover in a previous lesson or lessons.)

Sample Questions:

- What nutrients are used for growth and repair of cells and to supply energy?
- The amount of energy that food supplies per serving is know as a__.
- What mineral builds strong teeth and bones?
- Which food group provides us with fiber?
- What are the six nutrients your body needs?
- Give an example of an acceptable serving from the meat, bean group.

Assessment Ideas:

This could be used as a fun and informative way to review for a future written assessment.

Submitted by **Melanie McKenna** who teaches at The Harker School in San Jose, CA. Additional authors for this idea were Pete Anderson, Paula Bither. Thanks for contributing to PE Central! **Posted on PEC: 12/29/2001**
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