ACTIVITIES FOR "THE JUNK FOOD PYRAMID"

THEME: Everyone knows we "should" eat healthy foods. The stuff that's bad for us is all around us. It's a fast, and sometimes inexpensive way to eat on the run. But look further at what you're putting in your body. It's all about making smart choices every day.

READ THE PACKAGE: Explain the difference between fresh food and processed food. Every package of food sold in the United States must have a list of ingredients and a Nutrition Label.

INGREDIENTS: Have each student go home and look through the boxes

and bags of food in their kitchen cupboard. Find the one with the most ingredients, and the one with the least. Copy down the list of ingredients. See how many items are from the earth, and how many are artificial ingredients, created in laboratories. You may be surprised! Reading the ingredients on a package of food can help you choose the foods you bring home and eat.



THE FOOD PYRAMID: The United States Department of Agriculture has designed a food pyramid to illustrate what types of foods we should be eating, and in what proportions. But in order to make informed choices, we need to learn which foods are healthy and which are not. Visit www.mypyramid.gov for information and downloads.

On the pages that follow, you will find two pyramids: The Healthy Food Pyramid and The Junk Food Pyramid, as well as a cut-out page with all different kinds of foods. Have the students cut out all the images, and using a glue stick or tape, paste them in the appropriate pyramid. Older students can divide the foods into the respective categories.

RELATED LITERATURE:

<u>Janey Junkfood's Fresh Adventure!</u> / Barbara Storpel * FoodPlay Productions

<u>The Berenstain Bears And Too Much Junk Food</u> / Stan Berenstain * Random House Books for Young Readers

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