



S E P T E M B E R



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Labor Day
(No School)

7

Welcome Back!
Hope you had breakfast today. It's fuel you need to start your day.

What time does your school serve breakfast?

8

Start the school year off right. Choose healthy foods from all groups for breakfast and lunch.

What foods would you choose from the milk, fruit, and grain group for breakfast?

9

Rosh Hashanah
(No School)

10

Rosh Hashanah
(No School)



13

MyPyramid is made up of five food groups: orange, green, red, blue, and purple.

What food group goes with each color? Name a food in each group.

14

Look closely at the pyramid. See someone walking up the stairs? That person reminds us that we need to exercise every day.

What's your favorite exercise?

15

MyPyramid teaches us how to eat healthy. Choose foods from all of the food groups and get plenty of exercise.

Write a story about your favorite food and exercise.

16

Eat foods from all the food groups.

Can you name all 5 food groups and a food from each? Which food group do you think students your age need to eat more of?

17

Each food group gives us different nutrients. We get protein from the Meat and Beans Group and vitamin C from the Fruit Group. *Which group provides the most calcium?*

20

The **ORANGE** group of MyPyramid is the Grain Group. Eat whole grains like whole wheat bread.

How many of you had a grain food for breakfast today?

21

The **GREEN** group of MyPyramid is the Vegetable Group. Remember, it's important to vary your veggies!

What veggie can you eat for breakfast?

22

The **RED** group of MyPyramid is the Fruit Group. Fruits come in many colors. It's important to eat a variety.

List different colored fruits you might eat at breakfast.

23

The **BLUE** group is the Milk Group. All milk group foods, like yogurt and cheese, are made from milk.

List ways you can eat or drink milk group foods at breakfast.

24

The **PURPLE** group is the Meat and Beans Group. We get a lot of protein from foods in this group, including eggs.

What meat group foods might you have at breakfast?

27

Use www.mypyramid.gov to find out how many servings you need from each food group.

What is a serving size? Discuss this with your class.

28

Go to www.mypyramid.gov to personalize your pyramid and learn about healthy eating.

What did you learn from this website?

29

Have you tried a new food this week? Go shopping with your family. Pick out a new fruit or vegetable that everyone can try.

What will you pick and why?

30

Be adventurous! Try a new sport or activity.

What would you like to try?

