

Food Safari

Activity for Grades 3–4

Objectives:

By the end of this lesson, students should be able to:

- Name the sections of the food pyramid where different foods belong.
- Explain why our bodies need foods from each group.

Ideas for Classroom Discussion:

- Talk with the class about each section of the food pyramid: What is important about foods in the bread and grain group? (They give us carbohydrates that keep our bodies going.) How about the fruit and vegetable groups? (They contain important vitamins and minerals like vitamin C that our bodies need to grow strong and stay healthy.) How about the meat & beans group? (They have lots of protein, which gives us energy and helps build muscle.) What about the foods from the smallest section of the food pyramid, the fats, sugars, and salty foods? (We can eat them, but it's better for our bodies if we save them for special occasions like parties or holidays or just for every now and then.)

Take It Further:

- Send your class on a food safari. Create a list of foods from the food pyramid like a scavenger hunt. Invite kids to go on a food safari over a couple of days or a week. Ask them to have a parent (or other adult) sign their food safari sheet every time they eat one of the foods listed on it as a part of a meal or snacks. Then give them points at the end of the food safari for each food they tried.
- Make it harder by giving very few points for foods like potato chips, candy, and cakes. Give more points for healthier food choices. Or challenge students to name their favorite foods from the fats, sugars, and salty foods and then go a few days or a week without eating them.
- Jazz up your food safari by throwing in some foods from different cultures. Award bonus points!

Additional Resources:

Visit the American Diabetes Association School Walk for Diabetes Web site at diabetes.org/schoolwalk to access additional tools and resources. In addition, visit the Shaping America's Health Web site at obesityprevention.org for more information on weight management and obesity prevention. Shaping America's Health is a nonprofit organization founded by the American Diabetes Association.

Visit MyPyramid.gov for more information and to download a mini poster of the food pyramid.

This lesson aligns with National Standards!

National Health Education Standards

Standard 1: Core Concepts – Students will be able to explain what nutrients are found in different food groups and how nutrients affect health. They will also be able to identify where different foods belong on the food pyramid.

Standard 6: Goal Setting – Students will set a goal to eat a healthy food from the Food Safari activity sheet.

Read more about the National Health Education Standards and National Standards for Physical Education in the Classroom Lessons tab of the School Walk for Diabetes Kit.

Let's go on a **FOOD SAFARI!**



Can you find these foods in the jungle?

- | | | |
|--------|----------|-----------|
| Fish | Bagel | Carrot |
| Corn | Apple | Drumstick |
| Grapes | Peanut | Cheese |
| Milk | Egg | Banana |
| | Tortilla | |

Why should you
never play
games in the
jungle?
Because of all
the Cheetahs!