

The Farmer Grows a Rainbow

# Three Reasons

**Grade Level: 3**

**Approximate Length of Activity: One- two class periods**

## Objective

### Teacher

1. Help students gain familiarity with the health benefits of foods contained in each group of MyPyramid.

### Students

1. Develop enabling strategies and skills to read and write.
2. Apply strategies and skills to comprehend text that is read, heard and viewed.
3. Make connections through the use of oral language, written language, media and technology.
4. Recognize and use basic geometric properties of two and three dimensional figures.
5. Identify the important nutrients in each of the food groups of MyPyramid.
6. Plan healthy meals and snacks that emphasize the principles of MyPyramid.
7. Apply knowledge and behavior self-management skills to areas of nutrition and physical activity for healthy growth, development and maintenance.
8. Exhibit a physically active lifestyle.

**Michigan Content Standards: (Health) Strand 1-Standard 1-1.1, 1.2; Strand 1-Standard 5-1.5,1.6**

## Vocabulary

- **Entre'e**

## Activity Outline

Make necessary preparations as outlined in “The Farmer Grows a Rainbow-Main Course” lesson.

1. Teach “The Farmer Grows a Rainbow-Main Course” lesson.
2. In the technology lab, have students visit the Web site, [www.mypyramid.gov](http://www.mypyramid.gov).  
Direct students to visit the “Inside Pyramid” section of the site. Under “Related Topics,” they will be able to access information about the various food groups. Give each student a copy of “Pyramid Notes.” Using the information found in each food group section of the Web site, direct them to complete “Pyramid Notes” by filling in the correct food group title and the missing food item in each group as indicated by the blank lines.
3. Students check their comprehension of research done on the MyPyramid site by constructing the “Pyramid Puzzles.” Each puzzle names a food group (top tier), example foods from the group (second tier) and health benefits provided by the group (base). The color of each puzzle corresponds to the color represented on MyPyramid. Have students color puzzle pieces
4. Students use “Pyramid Poem” to check for accuracy on the construction of “Pyramid Puzzles.”
5. Allow students to use “MyPyramid Bistro” to design a menu for an imaginary bistro. They can create “specials” that provide nutritional balanced meals for dinners at the bistro. By definition, a balanced diet refers to intake of appropriate types of adequate amounts of foods and drinks to supply nutrition and energy for the maintenance of body cells, tissues and organs, and to support normal growth and development. A tool for students to use is their personal copy of “My Pyramid Plan.” For example, a menu might list roast beef from the Meat and Beans group, broccoli from the Vegetables group, a whole wheat roll from the Grains group. Students should look at what their “Plan” suggests they eat each day. Ask students which food group is missing from “My Bistro.” Discuss the fact that oils are commonly added to other foods (i.e., butter on toast or potatoes, salad dressings). For additional information, visit <http://www.mypyramid.gov/pyramid/oils.html>. At this site it suggests that oils should be obtained from fish, nuts and vegetable oils. Also, people should avoid butter, lard and empty calorie foods. Reducing fat in a person’s diet contributes to healthier skin, hair and organs.
6. Allow students to share their menus and challenge classmates to order balanced meals from them. To further integrate the lesson, have students assign dollar amounts to each item on their menu. Designate a set amount of money for each student to spend at the imaginary bistro. Using another student’s menu, have students make selections which will not exceed the budgeted amount.
7. Arrange a tour of your community’s farmer’s market in the fall or in the spring to observe the variety of food items farmers have produced. Assign students to talk with the farmers to learn more about what they do. If a real tour is not possible, have students do a virtual tour online or invite one or more local farmers to talk about their role and the work they do in your community.
8. For physical activity, have students participate in “Run the Rainbow Challenge: Rain, Rain, Bow.”

## Materials Provided

- “Pyramid Notes”
- “Pyramid Poem”
- “Pyramid Puzzles”
- “MyPyramid Bistro”
- “Run the Rainbow Challenge: Rain, Rain, Bow”

## Materials Needed

- Manipulatives from “The Farmer Grows a Rainbow-Main Course” lesson

## Discussion Questions

1. What is MyPyramid?
2. What are the different sections of MyPyramid labeled as?
3. What is a balanced meal?
4. How will you achieve your plan?

## Related Activities

1. The Food Pyramid Bead Activity by Wisconsin Agriculture in the Classroom located at the end of the “The Farmer Grows a Rainbow-Main Course” lesson.
2. The lesson “Be a Food Explorer” located in the health section of this curriculum guide.
3. The lesson “Build a Burger” located in the health section of this curriculum guide.
4. The lesson “Food...Can You Handle It?” located in the health section of this curriculum guide.

## Book Resources

1. “Growing Colors” by Bruce McMillan
2. “The Milk Group” by Mari Schuh
3. “The Meat and Beans Group” by Mari Schuh
4. “The Vegetable Group” by Mari Schuh
5. “The Grain Group” by Mari Schuh
6. “The Fruit Group” by Mari Schuh
7. “A Fruit and Vegetable Man” by Roni Schotter
8. “Being Active” by Mari Schuh
9. “Good for Me and You” by Mercer Mayer

*Acknowledgment: This lesson was provided courtesy of North Carolina Agriculture in the Classroom and the United States Department of Agriculture.*

# Pyramid Poem

On the top I am yellow  
To maintain calories, I am your fellow.  
Margarine, butter, oils and fish  
In small portions, I'll grant your wish!

My cap is blue it's plain to see  
I give you calcium and vitamin D  
For strong bones and teeth, if you please  
Have some yogurt, milk and cheese!

I'm crowned with purple as you see  
With Iron, Protein and vitamin E  
Nutritious and keeping fats so low  
Eat meat, beans, eggs and nuts to help you grow!

My crest is red and as red can be  
I give you Potassium and vitamin  
Disease control, fiber and healing-  
So many fruits and all appealing!

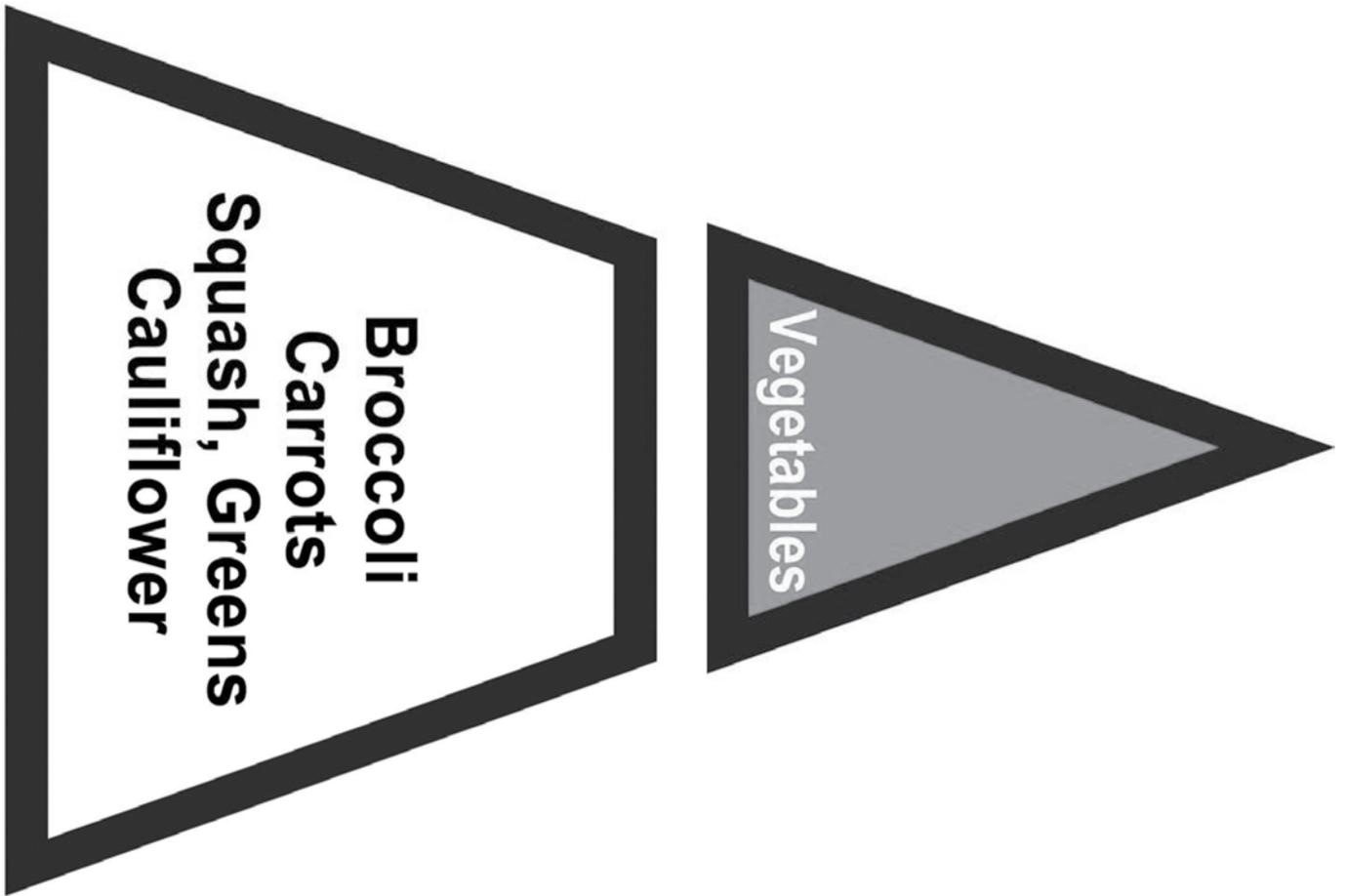
My top is orange and can't be beat  
You need lots of corn and wheat  
And oats and rice for fiber please  
To reduce your risk of heart disease!

You'll see my summit is bright green  
Where potassium and vitamins A, E and C are seen  
Keep disease away and blood pressure healthy  
When your diet is "veggie-wealthy"!

### Pyramid Notes

<p><b>Food Group</b> _____</p> <p><b>Examples:</b> milk, _____, and yogurt</p> <p><b>Nutrients:</b> calcium, potassium, vitamin D, and protein</p> <p><b>Health Benefits:</b> important to bone health</p>	<p><b>Food Group</b> _____</p> <p><b>Examples:</b> canola oil, _____ oil, cottonseed oil, olive oil, safflower oil, soybean oil, sunflower oil</p> <p><b>Nutrients:</b> essential fatty acids and Vitamin E</p> <p><b>Health Benefits:</b> contain some fatty acids that are necessary for health; maintain calorie balance</p>	<p><b>Food Group</b> _____</p> <p><b>Examples:</b> Bread, pasta, oatmeal, breakfast cereals, tortillas, and _____</p> <p><b>Nutrients:</b> <b>dietary fiber</b>, several B vitamins, and minerals</p> <p><b>Health Benefits:</b> reduces the risk of heart disease and chronic diseases</p>
<p><b>Food Group</b> _____</p> <p><b>Examples:</b> poultry, fish, dry beans or peas, eggs, nuts, and _____</p> <p><b>Nutrients:</b> protein, B vitamins, vitamin E, iron, zinc, magnesium.</p> <p><b>Health Benefits:</b> Provides nutrients needed for the body; used in building bones and releasing energy from muscles</p>	<p><b>Food Group</b> _____</p> <p><b>Examples:</b> Any _____ or 100% vegetable juice counts as a member of the vegetable group.</p> <p><b>Nutrients:</b> potassium, dietary fiber, folic acid, vitamin A, vitamin E, and vitamin C</p> <p><b>Health Benefits:</b> reduce risk of chronic diseases and maintain a healthy blood pressure</p>	<p><b>Food Group</b> _____</p> <p><b>Examples:</b> Any fruit or 100% fruit _____ counts as part of the fruit group.</p> <p><b>Nutrients:</b> potassium, dietary fiber, vitamin C, and folic acid</p> <p><b>Health Benefits:</b> reduced risk of some chronic diseases and heart disease; helps in healing process; reduced risk of developing kidney stones; may help decrease bone loss; may provide protection against certain cancers</p>

Pyramid Puzzles (page 1 of 12)

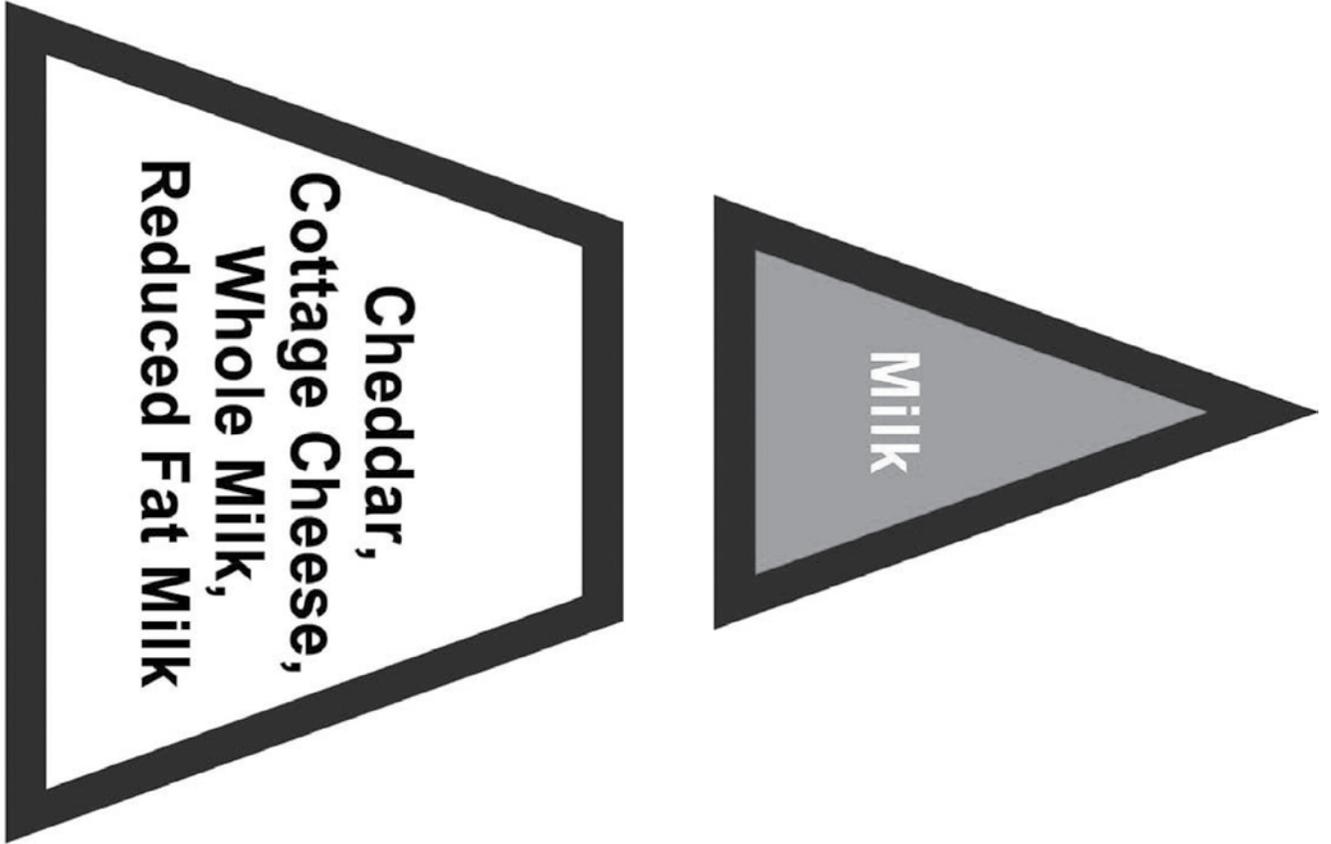


Pyramid Puzzles (page 2 of 12)

**Potassium**  
**Fiber, Folic Acid**  
**Vitamins A, E and C**

**To reduce the risk of chronic diseases.**  
**To help maintain healthy blood pressure.**

Pyramid Puzzles (page 3 of 12)

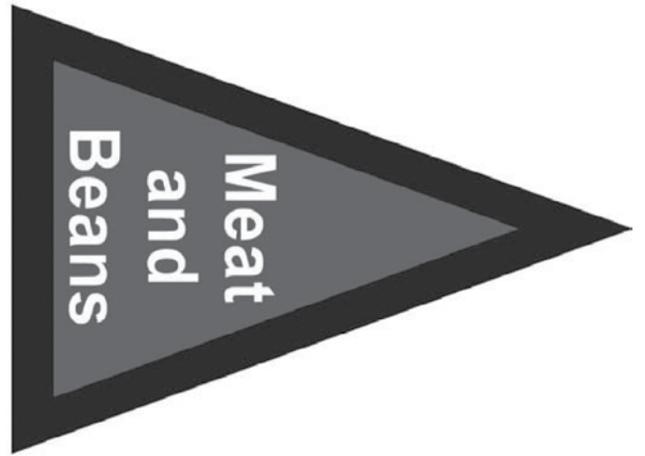


Pyramid Puzzles (page 4 of 12)

**Helps build and maintain strong bones and teeth. Provides nutrients while keeping saturated fat and cholesterol intake low.**

**Calcium  
Protein  
Vitamin D  
Potassium**

Pyramid Puzzles (page 5 of 12)

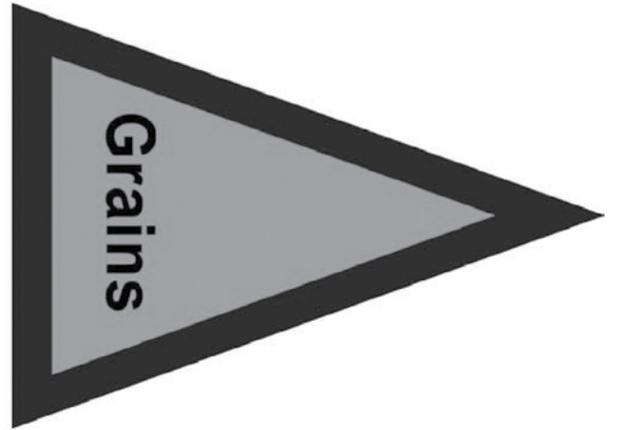
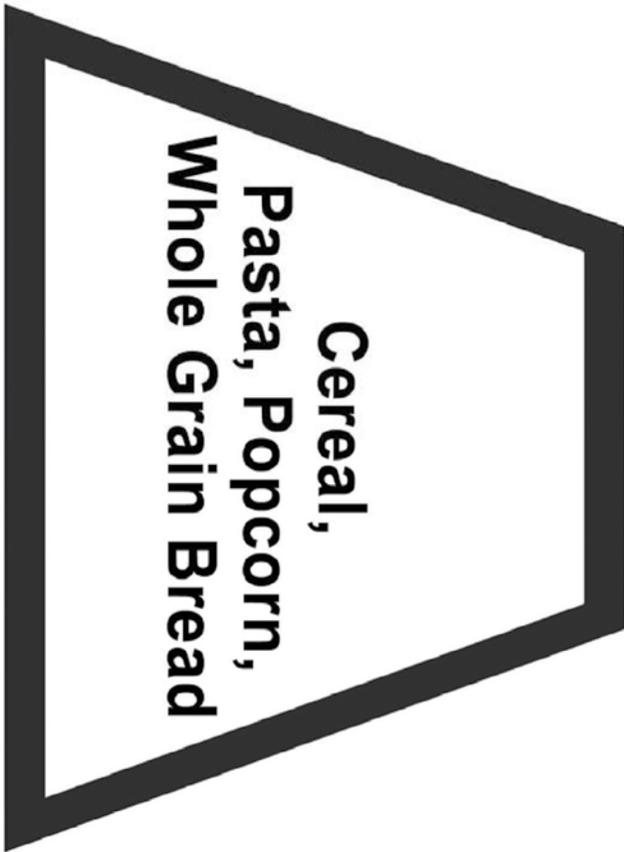


Pyramid Puzzles (page 6 of 12)

**Protein**  
**B Vitamins**  
**Vitamin E**  
**Iron, Zinc**  
**Magnesium**

**Provides nutrients while keeping saturated fat and cholesterol low; building bones, releasing energy from muscles**

Pyramid Puzzles (page 7 of 12)

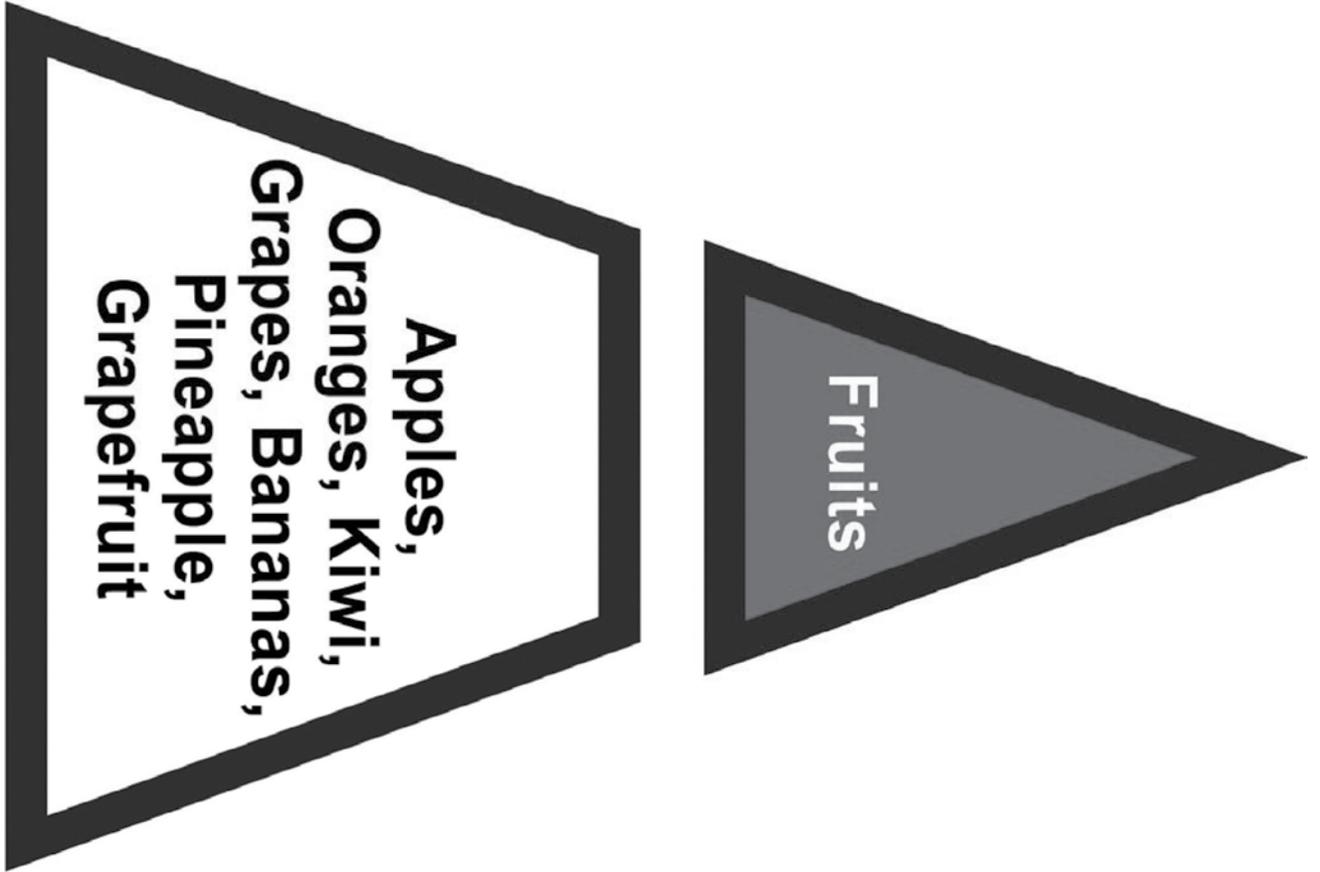


Pyramid Puzzles (page 8 of 12)

**To reduce the risk of heart disease.  
To reduce the risk of chronic diseases.**

**Fiber  
B Vitamins  
Minerals**

Pyramid Puzzles (page 9 of 12)

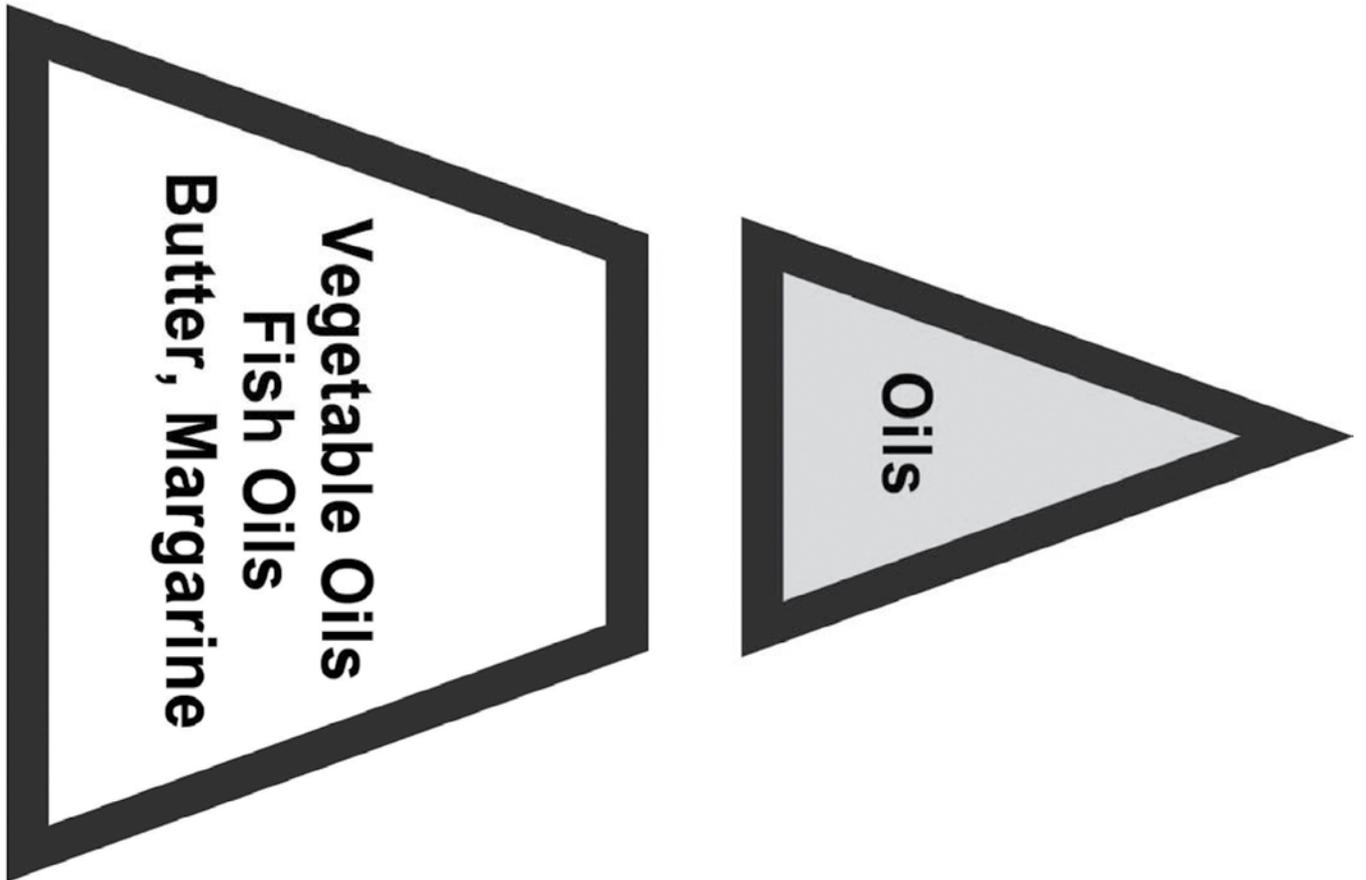


Pyramid Puzzles (page 10 of 12)

**Potassium**  
**Fiber**  
**Folic Acid**  
**Vitamin C**

**Provides fiber. Helps reduce risk of chronic diseases. Helps in healing process.**  
**Helps maintain healthy blood pressure.**  
**Helps decrease bone loss.**

Pyramid Puzzles (page 11 of 12)



Pyramid Puzzles (page 12 of 12)

**To maintain calorie balance**

**Essential Fatty Acids  
Vitamin E**

# My Pyramid Bistro

## Menu

*Entrees*  
*(Meat and Beans Group)*

*Vegetables*

*Pasta, Rice, Bread*  
*(Grains Group)*

*Fruits*

*Milk Group*

# Run the Rainbow Challenge: Rain, Rain, Bow

To emphasize the variety of foods needed to support a balanced diet, and to help students remember the colors of the MyPyramid rainbow and what they represent, play the group game "Rain, Rain, Bow." The game is played like "Duck, Duck, Goose." The class sits in a circle and one student is selected to be "The Leprechaun."

"The Leprechaun" proceeds to skip around the circle lightly tapping classmates on the head. With each tap, "The Leprechaun" says "Rain." When "The Leprechaun" taps a head and says "Bow," the selected child must chase "The Leprechaun" around the circle. If "The Leprechaun" can take the vacant seat without being caught, the selected student becomes the new "Leprechaun."

The new "Leprechaun" names a food group. The former "Leprechaun," must name the color that represents that food group and a food from that group. For example, if the new "Leprechaun" says "Fruit," the old "Leprechaun" must say "Red" and name a fruit such as blueberries.

If the old "Leprechaun" is unable to name a food from that group, the class is called upon to give assistance. While the chase is in process, seated students participate in a unison motion directed by the teacher (i.e., clapping hands, stomping the floor, nodding heads, clicking fingers, slapping the floor with alternating hands.)

## Answer Key

### Pyramid Puzzles

