

FOODS AND THE FOOD PYRAMID

Performance Standard 23C.F

Design and produce food pyramids that accurately display serving sizes (portions) based on one day's meals at fast food restaurants accordingly:

- *Knowledge:* Identify components of a food pyramid.
- *Application:* Design a food pyramid using portions from a fast food restaurant.

Procedures

1. *In order to describe factors that affect growth and development (23C)*, students should experience sufficient learning opportunities to develop the following:
 - Identify portion size and number of servings suggested to fulfill basic nutritional needs.
2. Divide the class into groups of 3 – 5 students.
3. Provide the students with fast food menus to be used in determining portion sizes and number of servings needed to fulfill basic nutritional needs for one day's meals.
4. Have students label a food pyramid to accurately display serving sizes (portions) from fast food restaurants and number of servings needed to fulfill basic nutritional needs for one day's meals.
5. Breakfast items are provided for all groups. They are:
 - 8 oz. orange juice
 - 8 oz. milk
 - cereal
 - 2 slices toast with butter
4. Direct the students to list the food consumed on another sheet of paper.
5. Evaluate each student's performance using the "Foods and the Food Pyramid" Rubric as follows:
 - *Knowledge:* Identified all components of a food pyramid.
 - *Application:* Designed a food pyramid depicting the number of servings, and correct group from a fast food restaurant menu.

Examples of Student Work

- [Meets](#)
- [Exceeds](#)

Time Requirements

- Two class periods

Resources

- Nutrition books
- Blank food pyramids to label
- Textbooks
- 8 ½ x 11 unlined paper
- Fast food menus
- Copy of the rubric for each student

FOODS AND THE FOOD PYRAMID

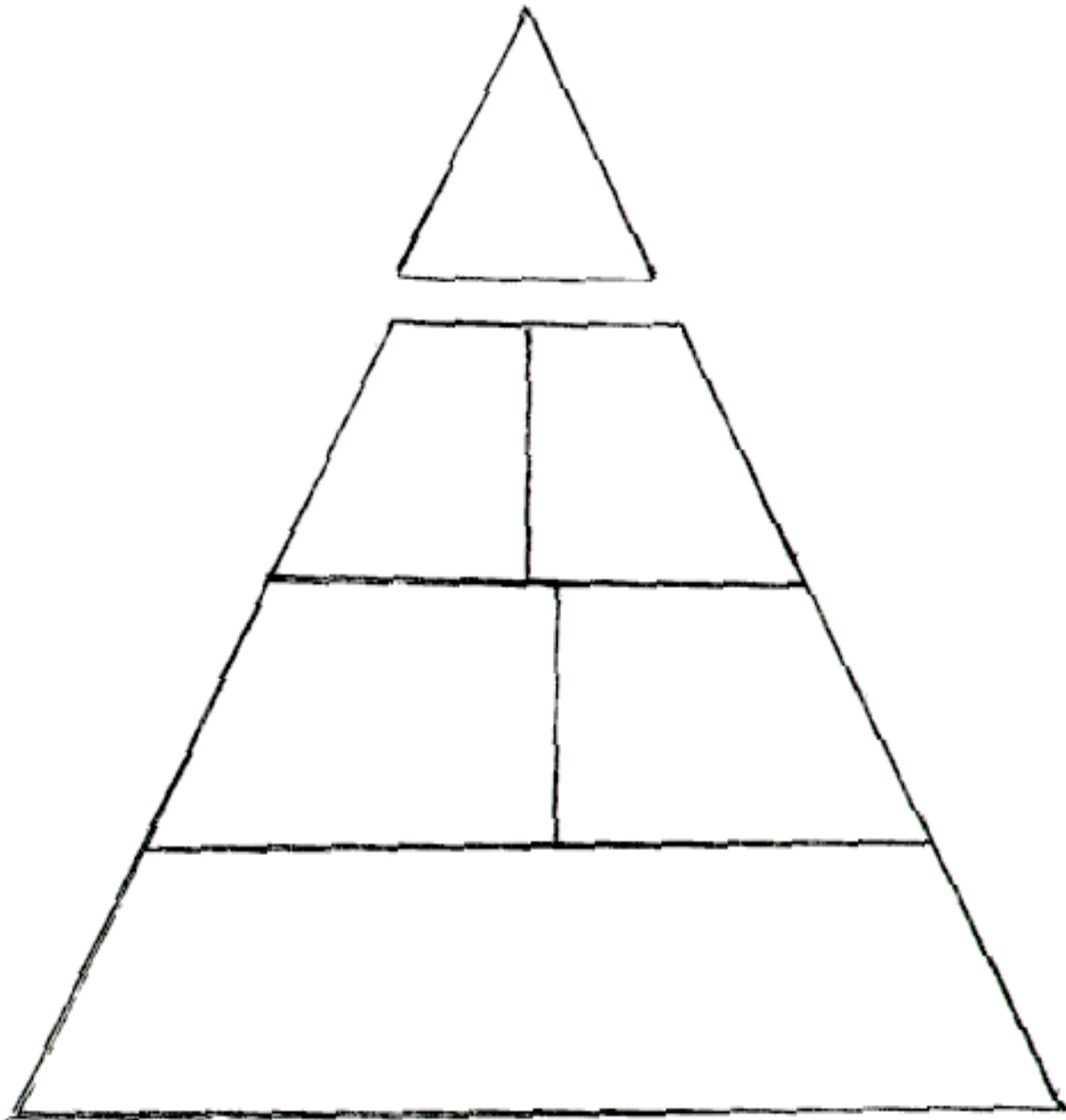
NAME _____ DATE _____

- Exceeds standard (4 points)
- Meets standard (3 points)
- Approaches standard (2 points)
- Begins standard or absent (1 point)

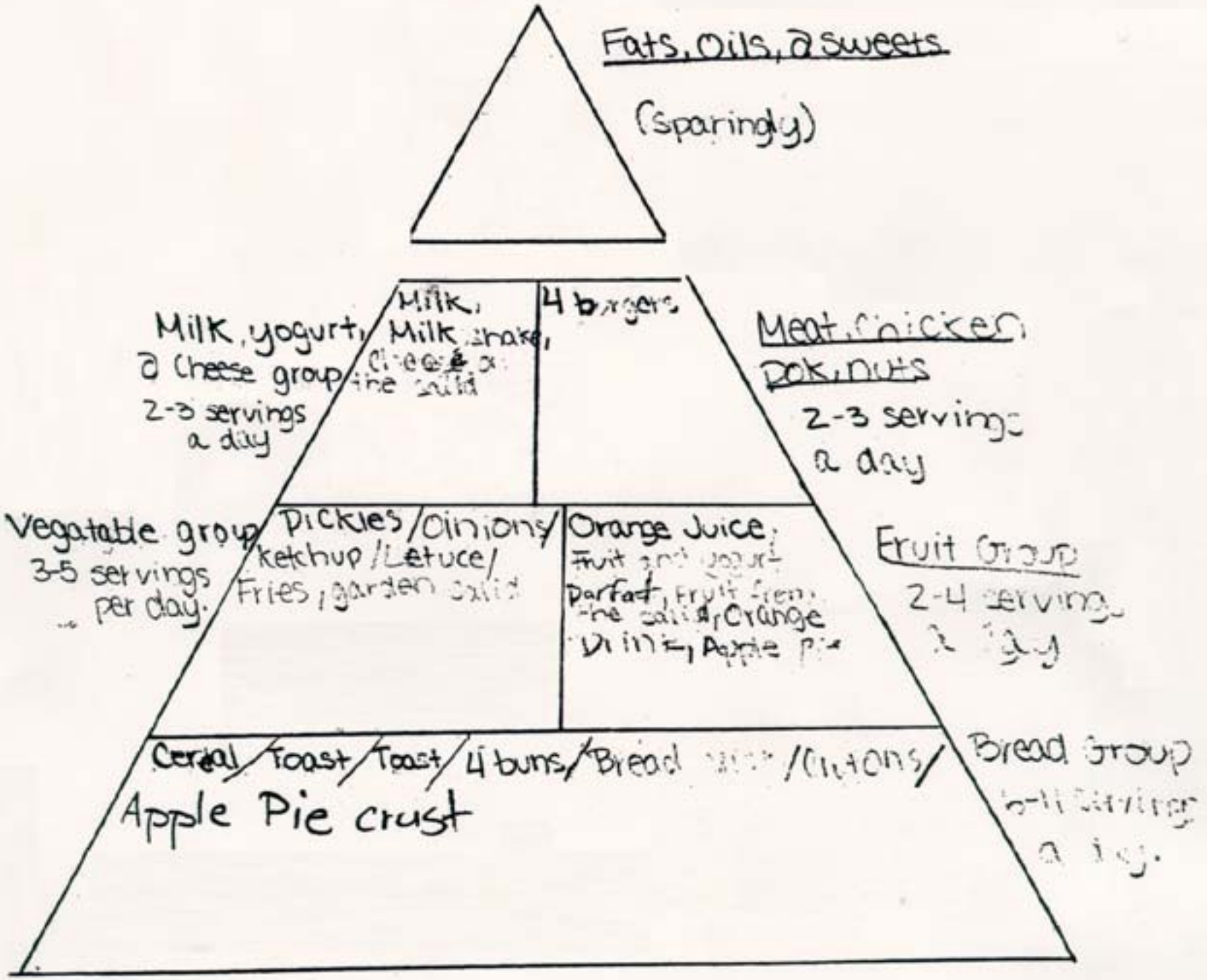
4	<ul style="list-style-type: none"> • The food pyramid shape and design is correct <ul style="list-style-type: none"> ○ Each food group is in the correct place ○ Each food group is correctly labeled • All menu items accurately depict the number of servings labeled • All menu items are placed in the correct group • The number of servings for each food group is correct <ul style="list-style-type: none"> ○ Grains, cereals, bread, pasta, rice 6-11 servings ○ Fruit group 2-4 servings ○ Meat, poultry, fish, dry beans, eggs and nuts 2-3 servings ○ Vegetable group 3-5 servings ○ Milk, yogurt and cheese group 2-3 servings
3	<ul style="list-style-type: none"> • The food pyramid shape and design is correct <ul style="list-style-type: none"> ○ Each food group is in the correct place ○ Each food group is correctly labeled • Most menu items accurately depict the number of servings labeled • Most menu items are placed in the correct group • The number of servings for most food group is correct <ul style="list-style-type: none"> ○ Grains, cereals, bread, pasta, rice 6-11 servings ○ Fruit group 2-4 servings ○ Meat, poultry, fish, dry beans, eggs and nuts 2-3 servings ○ Vegetable group 3-5 servings ○ Milk, yogurt and cheese group 2-3 servings
2	<ul style="list-style-type: none"> • The food pyramid shape and design is correct <ul style="list-style-type: none"> ○ Most food groups are in the correct place ○ Most food groups are correctly labeled • Some menu items accurately depict the number of servings labeled • Some menu items are placed in the correct group • The number of servings for most food group is correct <ul style="list-style-type: none"> ○ Grains, cereals, bread, pasta, rice 6-11 servings ○ Fruit group 2-4 servings ○ Meat, poultry, fish, dry beans, eggs and nuts 2-3 servings ○ Vegetable group 3-5 servings ○ Milk, yogurt and cheese group 2-3 servings
1	<ul style="list-style-type: none"> • The food pyramid shape and design is correct <ul style="list-style-type: none"> ○ Some food groups are placed incorrectly ○ Some food groups are correctly labeled • Few menu items accurately depict the number of servings labeled • Few menu items are placed in the correct group • The number of servings for some food groups is correct <ul style="list-style-type: none"> ○ Grains, cereals, bread, pasta, rice 6-11 servings ○ Fruit group 2-4 servings ○ Meat, poultry, fish, dry beans, eggs and nuts 2-3 servings ○ Vegetable group 3-5 servings ○ Milk, yogurt and cheese group 2-3 servings
Score	

NAME _____ DATE _____

FOOD PYRAMID



FOOD PYRAMID "Meets" (page 1)



Breakfast

8 oz OJ - fruit group
8 oz milk - dairy
cereal - bread
2 pc toast - bread

Lunch

2 Big Mac everything on it but mustard
1 large fries 1 super size
Vanilla shake

Snack

Fruit 'N' Yogurt

Dinner

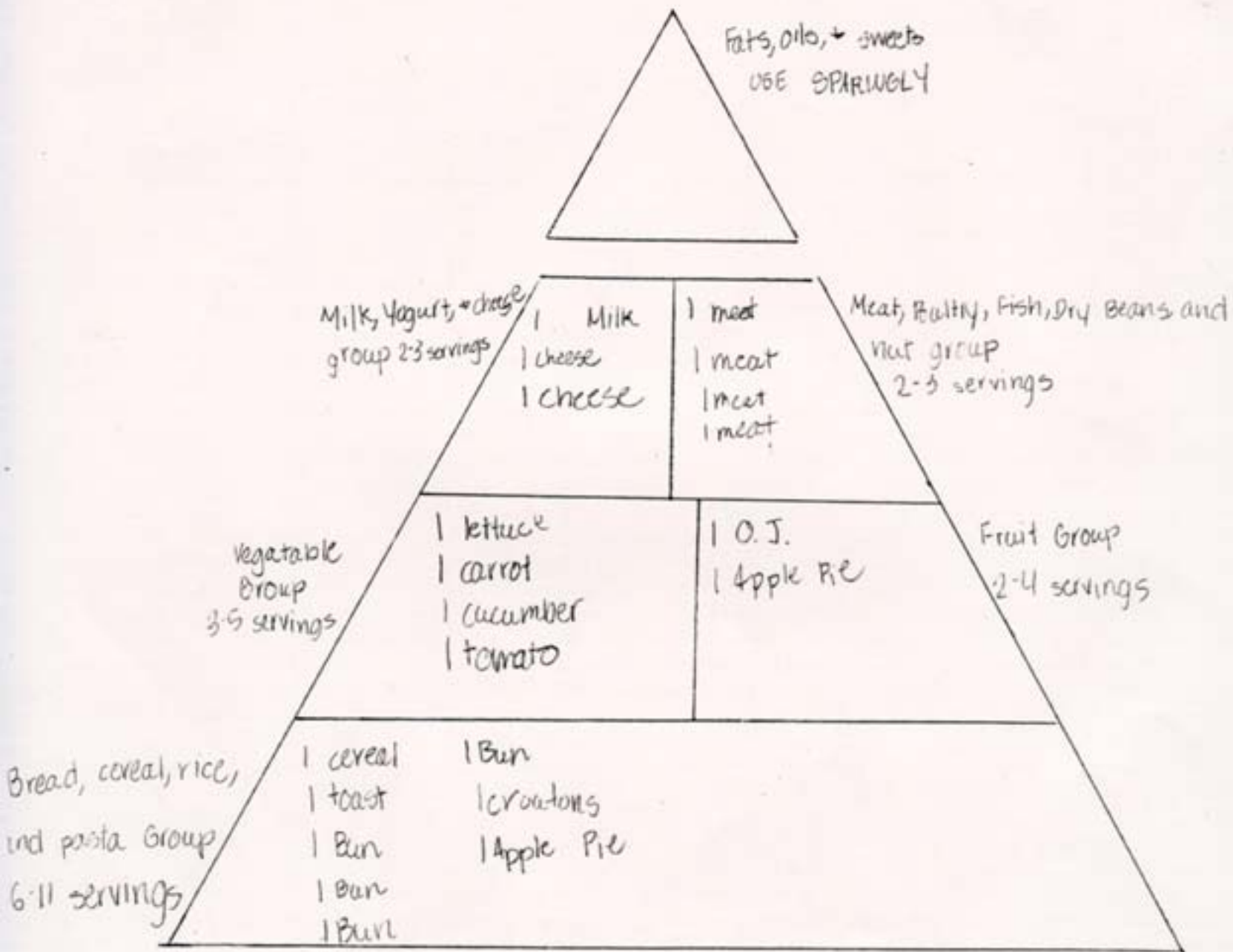
garden salad No ham please
with bread sticks and crutons
thanks.

Orange drink

Dessert

Baked Apple Pie

FOOD PYRAMID



menu

Breakfast

- 8 oz. O.J.
- 8 oz. Milk
- Cereal
- 2 slices of toast

Lunch

- 1 Cheesburger with
- 1 Salad w/ lettuce, carrot cu-cumbers, cheese, tomato, Onion 5

Dinner

- 2 Big macs w/ only meat + bun ^{bun}
(Plain)
Plain

Dessert

- apple pie