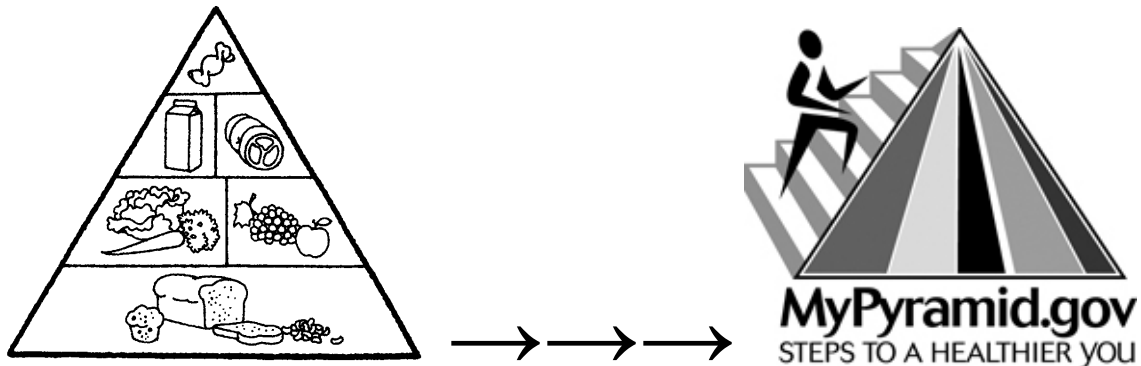


MyPyramid and Kid's Club: Making the Change



It is simple and easy to revise the existing Kid's Club lessons to incorporate the use of MyPyramid. In any lesson about food (milk, grains, etc.), if you previously used the Food Guide Pyramid, simply substitute the use of the new graphic and point out the corresponding colored section for the food group being discussed. In the lesson "I'm a Fit Kid," show the steps on MyPyramid and discuss how they remind us to be active every day. Two lessons need more revisions: "The Food Guide Pyramid Shows Us What to Eat" and "Moderation Means It's All Okay!!" Suggested revisions to these two lessons follow.

Suggested resources:

For more information on the 2005 edition of the Dietary Guidelines, go to: www.healthierus.gov/dietaryguidelines.

For MyPyramid resources and information, go to: www.mypyramid.gov. In fall 2005, child friendly resources should be available.

To order MyPyramid posters (CNPP-14) and MyPyramid miniposters (CNPP-15), call 1-888-398-4636 or e-mail media.order@purdue.edu.

The University of Florida Extension program has created a black and white line drawing version that is available at <http://fyics.ifas.ufl.edu/pyramid/index.htm>.

The University of Missouri extension, Family Nutrition Education Program, has developed MyPyramid Transition lessons. Go to: muextension.missouri.edu/explore/.

While supplies last, free Food Guide Pyramid books and puzzles are available at: www.funwithfood.com.

“The Food Guide Pyramid Shows Us What to Eat”
becomes
“MyPyramid Shows Me What to Eat.”

Use this revised version of the lesson to introduce MyPyramid. For older children familiar with the Food Guide Pyramid, use it to teach the transition from old to new.

- Assessment and Anticipation can remain unchanged.
- In the original lesson, the story: “The Search for the Treasures of the Pyramid” can be modified (see attached) to the new pyramid by helping Nutrisaurus remodel his store with new signs that convert the old pyramid to the new pyramid.
- In the “Favorites” version, the next section is “Find the Food Guide Pyramids” which is also the section that follows the story in the original. Use posters and pictures of the new MyPyramid obtained from www.mypyramid.gov or other sources. Substitute “MyPyramid” every time Food Guide Pyramid is used.
- “A Puzzle of Food Groups” will change to “A Rainbow of Food Groups” and children will learn the colors and positions of the food groups on MyPyramid. Do not create a puzzle piece for “oils,” simply point out the small yellow sliver that is designated for them.
- To emphasize the transition from the old Food Guide Pyramid to the new MyPyramid, use an old poster and pyramid puzzle and match the old sections to the new ones. To reinforce this, play a relay race game with posters of MyPyramid and Food Guide Pyramid puzzles. Place one large poster at one end of the room for each team. Give each child a puzzle of the food guide pyramid. Children take turns running down, placing the puzzle pieces on the corresponding colored sections of MyPyramid. (Note: The small mini-poster pyramid fits exactly inside the puzzle if you want to hide it under the puzzle pieces when you discuss the new pyramid. Cut out the steps and attach it to the outside of the pyramid puzzle to illustrate the new emphasis on activity.)
- “Five Healthy Food Groups” can remain unchanged.
- “We’re Going on a Picnic” can be played with a large MyPyramid poster and substituting “MyPyramid” for Food Guide Pyramid.

- “Let’s Play a Pyramid Game” can easily be played switching MyPyramid for the Food Guide Pyramid in each game. The only game that does not adapt is “Upset the Pyramid.”
- “A Five Food Group Snack” can remain unchanged.
- “Biggest Means More” needs to be omitted.
- “Create a Food Guide Pyramid” can be changed to “Create MyPyramid” and use graphics available from www.mypyramid.gov and other sources. MyPyramid placemats are an excellent choice to help children learn which foods go into each colored section.
- If you want to sing a new version of “The Food Guide Pyramid” song, change the last two lines of each verse to:
”It’s the Pyramid... it is My Pyramid.”
- The closing puppet show, “Kevin Goes Shopping,” can be used when the new MyPyramid graphic is on food labels. Adapt the closing with Wicky to use MyPyramid.

“The Search for the Treasures of the Pyramid”

This book can be used to teach young children about the transition from the old Food Guide Pyramid to the new MyPyramid. You will need one copy of the book, a Food Guide Pyramid puzzle for each child or group of children, and one mini-poster of MyPyramid for each child or group of children, along with a second blank pyramid to fill in. Cut the mini poster into the colored sections for each food group and oils.

The story can be read unchanged through page 17.

Beginning on page 18, Nutrisaurus will have the cubs help him “remodel” his store with new signs. At the bottom of that page, change Nutrisaurus’s dialogue as follows:

“I sure do,” said Nutrisaurus. “I’ll get one for each of you as soon as I set down this loaf of fresh bread. The foods in this group are all made from grains, so we call this group the grain group. I not only have this shape like my sign, but a *new* shape. I am busy remodeling my store with all new signs for the food groups. The new signs go with the *new* pyramid called MyPyramid. Build two pyramids to see how they compare. The old sign has pictures of the foods in each food group, the new signs are each a different color. The new sign for grains is this big orange triangle.”

Continue with dialogue on page 19, shortening as desired, depending on the age of the children.

As the story progresses, Nutrisaurus will give the cubs (and you will give the children) two shapes for each food group, one from the old pyramid and one from the new pyramid. For example, on page 20, Nutrisaurus will say, “Here are shapes for your Pyramids, Cubs.” Nutrisaurus had two kinds of shapes in his pocket, one with pictures of vegetables that the cubs put in their old pyramids, and green triangle shapes to put in their new pyramids. “I’ll be hanging a new green sign up over my vegetables later today.”

Describe the location and colors of each new food group piece as the story progresses. On pages 28 and 29 when they discuss the section for fats and sweets, discuss that MyPyramid has a little yellow sliver for oils and give those pieces to complete their new pyramids. For the sweets, tell the cubs/children that the new MyPyramid doesn’t have a section for sweets, but they can find those pieces for their old pyramids somewhere else (the Sweet Shop). On pages 32 and 33, when the cubs show Wicky their pyramids, have them tell him that Nutrisaurus is getting ready to remodel his store with new signs like the shapes for the food groups in MyPyramid. End the story by adding the flight of stairs to MyPyramid and discussing how important it is to be active every day.

“Moderation Means It’s all Okay!!” requires the following changes:

- Create new name tags with the new MyPyramid. The University of Florida Extension program has created a black and white line drawing version that is available at <http://fyics.ifas.ufl.edu/pyramid/index.htm>
- Assessment and Anticipation can remain unchanged.
- For the first Discovery section, continue the dialogue from A&A using the Wonder Box filled with candy and ask: Do you think candy is a food we need to grow, or something we should just eat once in awhile? After the children respond with “once in awhile” show them a poster of MyPyramid and talk briefly about the healthy foods in the five food groups that help them grow.
- Omit the activity titled “The Unbalanced Pyramid.”
- “Making Healthier Food Choices,” “Moderation Means Not-Too-Much,” and “The Moderation March” can remain unchanged. Substitute the words “MyPyramid” for Food Guide Pyramid when used.
- “Delivery Truck” can be adapted as follows: Use a large MyPyramid poster in place of the Food Guide Pyramid for the foods Nutrisaurus sells at Nutristore. Instead of delivering Candy Man Crocodile’s sweets to the top of the Food Guide Pyramid, have the children deliver them to the puppet propped next to the Wonder Box filled with candy.
- Omit the activity titled “All Foods Fit.”
- “Moderation Snack” and story can remain unchanged (using new graphic design for Pyramid Snack Plates, if used).
- Closing puppet show, “Picky, That’s a Sometimes Food” can be revised simply by substituting “MyPyramid” when Kevin refers to the Food Guide Pyramid.”
- In the closing commitment section with Wicky, omit the questions referring to the Food Guide Pyramid and replace them with: “What shows us the healthy foods we need every day to grow?” (MyPyramid) and then hold up a couple of “sometimes” foods and ask, “When we eat foods like this that aren’t in one of the healthy food groups on MyPyramid, do we eat *lots of them everyday*, or do we eat them in *moderation*?” Then continue with remaining questions.