



Unit 3

Inside MyPyramid

Outcomes

- Know where to place food items among the food groups of MyPyramid
- Understand and able to explain solid fats, liquid oils, and added sugars in MyPyramid
- Demonstrate knowledge on ways to choose foods from each group
- Know and understand amounts needed in each food group and ways to teach



Overview

This unit goes into more detail about MyPyramid and how we can include lots of different kinds of foods in our meals and snacks each day.



Reading Assignments

Put a check mark in the box as you complete each of these

- MyPyramid Educator Reference Handbook** (one distributed to each county in Spring 2005).
This is an important resource for you, so it's good to become very familiar with its content. Be sure to read through the first section ("Education Framework"), each food group section (including oils), the discretionary calories section, and the physical activity section.
- WNEP booklets **How Food Affects You** and **Eating for Pleasure and Health** http://learningstore.uwex.edu/category.aspx?Category_ID=61&
These materials were developed for you to use with WNEP participants, so you will want to become familiar with them. How Food Affects You includes information on each of the food groups in MyPyramid, and how to choose and prepare food from each of the food groups. Eating for Pleasure and Health focuses on how to buy and fix good food with less fat.



Learning Activities

Put a check mark in the box as you complete each of these

- Track your food intake and physical activity for 3 days.**
 - Step 1: find your calorie level on the “MyPyramid Food Intake Pattern Calorie Levels” sheet
http://www.mypyramid.gov/downloads/MyPyramid_Calorie_Levels.pdf.
 - Step 2: get the food intake pattern that matches your calorie needs, for reference http://www.mypyramid.gov/professionals/results_downld.html.
 - Step 3: get the tracking worksheet that matches your calorie needs http://www.mypyramid.gov/professionals/food_tracking_wksht.html and make 3 copies so you have one for each day that you are tracking.
 - NOTE: samples of these sheets are in the “Intake Patterns and Tracking Sheets” section of the *MyPyramid Educator Reference Handbook*.

- Look over your completed tracking sheets. If you need help answering these questions, consult the *MyPyramid Educator Reference Handbook*. If you still have questions, call Gayle Coleman or bring questions to class.**
 - For what food groups did you meet recommendations? For what food groups do you have room for improvement?
 - Where are the foods that are a source of solid fats? What is a food lower in solid fats that you could choose instead?
 - Where are the foods that are a source of added sugar? What is a food lower in added sugar that you could choose instead?
 - Check out your discretionary calorie allowance on the food intake pattern for your calorie needs. How do you think you did?
 - Find one combination food. In which food groups does it belong? (If there is not a combination food recorded, choose from one of the following: pizza, taco, chicken noodle soup).
 - How did you do on physical activity?



Can you identify the amount recommended from each food group for a healthy adult who needs about 2000 calories?

What are some of the things about MyPyramid that you think will be relatively easy for you to teach? What things will be more challenging to teach?