

CHOOSING FOODS FROM MYPYRAMID

LESSON 5 OF MONEY FOR FOOD

Learner Objectives

- Participant will name low cost, nutritious foods in each of the food groups from MyPyramid that he or she could buy and eat at home.

Teaching materials needed

- Blank MyPyramid Worksheet: one copy in color for each participant or small group.
- Grocery store ads or fliers from local supermarkets: one for each participant or small group.
- Flipchart or Whiteboard with markers
- Pens or pencils
- “Saving Money on Foods from MyPyramid” copies of handouts for participants.

Background Information for the Educator

- MyPyramid is a tool for helping individuals and families choose nutritious foods to build a healthy, balanced diet. If necessary, review the basics of MyPyramid with participants.
- MyPyramid does not offer guidance or information about choosing lower cost nutritious foods. The goal of this lesson is to blend information about low cost foods with information about nutritious choices from MyPyramid food groups.
- This lesson relies on the Educator having basic knowledge of good prices for foods (i.e. is \$0.99 per pound a good price for broccoli).

Teaching Lesson 5

1. Ask participants what messages about eating healthy have they received from MyPyramid. Record responses on flipchart or whiteboard
 If not provided include:
 - We need some foods from each of the 5 groups to make a balanced, nutritious diet;
 - There are many choices within each food group—some choices are more nutritious than others, some choices cost less than others.
2. Share with participants that the topic for today’s session, making low cost food choices within each food group of MyPyramid.
 Ask participants what they would like to get out of this session. Record on flipchart or whiteboard. Use this as an introduction into the activity that follows.
3. Distribute copies of the handout “Saving Money on Foods from MyPyramid”
4. Ask participants to divide into small groups (2 to 4 persons per group). Assign each group one (or more) food group(s).
5. Distribute a blank MyPyramid worksheet “Saving Money on Foods from MyPyramid” and copies of grocery store ads to each group.
6. Each group uses their grocery store ad to find foods in their food group that are advertised at a good price. Write name of food on the correct area of the blank MyPyramid. If time allows, each group could do the same for a second (and a third) food group. Refer to the Handout: “Saving Money on Foods from MyPyramid” for ideas, as needed.
7. Have each group share the foods they found with the other groups, after all have finished.
8. Discuss the following question:
 - Are the low cost foods that you found also low in added sugar and fat? (If you don’t know, how could you find out?)
9. Using a marker or brightly colored pen, circle the foods that the participants placed on their Pyramids that are low fat or sugar choices (rather than those that should be eaten rarely or occasionally.)
9. Discuss the following question:
 - We have talked about choosing foods based on their cost and based on nutrition; what are some other things that you think about when choosing what to buy or what to eat? List on flipchart or board.

Concluding Lesson 5

Before asking the end of session evaluation questions, say the following to the learners:

“I am going to ask you a couple questions that will help us see what you have learned today. You do not have to answer the questions if you don’t want to. All of your answers will be private.”

End of session questions for Lesson 5:

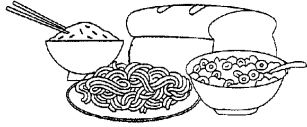
What would be a low cost nutritious food, also low in added fat and sugar that you could buy and eat?

Record participant responses and other information about the lesson on the Educator Notes form.

Do not record individual learner’s names on evaluation forms or questions. Do not share individual answers or comments made by the learners with other teachers or staff.



SAVING MONEY ON FOODS FROM MYPYRAMID



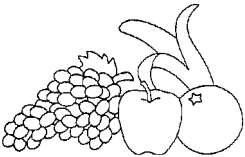
Grains – Eat 6 oz. every day

Whole grain or enriched regular rice, regular or quick-cooking hot cereals, plain macaroni or spaghetti, some brands (especially store brands) of enriched white or wheat bread or buns, homemade bread and cornbread, unsweetened ready-to-eat cereals in bags or large boxes, plain crackers such as saltines and graham crackers.



Vegetables – Eat 2.5 cups every day

Fresh vegetables when they are in season (available year round are carrots, potatoes, cabbage, some greens and onions), frozen vegetables without sauces, canned vegetables (especially store brands).



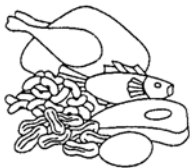
Fruits – Eat 2 cups every day

Fresh fruits when they are in season, canned fruits (especially store brands), frozen juice concentrates.



Milk – Get 3 cups every day

Lowfat or fat free (skim) milk in large containers, pasteurized process cheese, cheese in blocks rather than slices or shredded, store brands of yogurt.



Meat and Beans – Eat 5.5 ounces every day

Ground beef, large roasts to cut-up for several meals, whole chickens or chicken pieces such as thighs purchased in family packs, less tender cuts like chuck or shoulder roasts, whole turkey or legs, dry beans — canned or dry, fresh eggs, plain frozen fish such as cod, peanut butter, canned tuna.



Oils – Limit to 6 teaspoons

Store brands of cooking oils, margarine, salad dressings. Canola oil and olive oil are healthier than vegetable oil. Canola oil is less expensive than olive oil. Instead of buying salad dressing, try making your own salad dressing using canola oil and vinegar.

Discretionary Calories

Once you get all the recommended serving amounts for grains, vegetables, fruits, milk and meat and beans, you have some “extra” calories you can spend on fats, sugars, and alcohol or more food from any food group.

Based on a **2000** calorie food pattern from MyPyramid.

Saving Money on Foods from MyPyramid

(List foods in each group that you find at a good price)

VEGETABLES

MEAT and BEANS

Steps to a Healthier You



MyPyramid.gov

GRAINS

OILS

FRUITS

MILK

COMMENT FORM

Today's topic was "CHOOSING FOODS FROM MYPYRAMID"

We are very interested in your comments about this lesson. Your completion of this form is voluntary and implies your consent to participate. All answers will be confidential to the extent allowed by law. Summary reports or other uses of the information will not identify you in any way. We may use your comments to help us describe the work that we do and to make future lessons better. If you have any questions, please contact Shelley King-Curry at (608) 265-5069
Thank you!

How helpful was the lesson today?

- Very helpful
- Helpful
- Somewhat helpful
- Not helpful

Write one thing that you learned that you will try to do at home:

Please share if there was something you wanted to get out this session that was not covered that would have met your needs.

Thank you for your feedback!

