

# "Celebration Meal" with the Food Pyramid

## Science by Amanda Ponce

### Introduction

The lesson's main goal is for students to be able to plan or recognize a well-balanced meal. After discussions on Dia de los Muertos, students will be able to plan their families' "celebration meal" by using foods that represent each food group.

### Outcomes

1. Upon successful completion of this lesson, the students will determine where foods belong within the food pyramid, and plan and recognize a well-balanced meal.

### Standard

Health-1.1.1- Nutrition: match each food example in its appropriate place on the food pyramid and give source.

### Resources And Materials

- Chart paper
- Markers

### Process

1. As a class, students will brainstorm all the different kinds of food eaten on El Dia de los Muertos.
2. The teacher will write the foods on the board.
3. Students will then be put into small groups.
4. In their groups, students will plan their "celebration meal."
5. On the chart paper, they must write their meal.
6. Then they must draw their meal within the food pyramid.
7. Each group will present their pyramid.
8. Students will examine each other's work and see if they find any mistakes.
9. Teacher will act as the facilitator.

### Assessment

Group assessment- students will be in charge of correcting the pyramids. If the correct foods are placed correctly within the pyramid, then the students understand the concept.

### Extensions / Modifications

- Picture race- groups could compete to put pictures into the correct place on the pyramid.
- A food booklet could be made. A menu could be put together. This could also stand as an assessment. Students could plan meals for different holidays.