

AgriAware

EDUCATE • ADVOCATE • ENGAGE



The Food Pyramid

Learning Outcomes

- ▶ To become familiar with the updated Irish Food Pyramid
- ▶ To recognize the the nutrients found within each group
- ▶ To understand how many servings of food should be eaten from each shelf of the food pyramid



Food Pyramid

AgriAware

EDUCATE • ADVOCATE • ENGAGE



- ▶ The Food Pyramid is for everyone over 5 years old.
- ▶ It's divided into 6 shelves and provides you with the range of nutrients and energy needed for good health.
- ▶ The Food Pyramid is structured so that you eat more of the food items located towards the bottom of the pyramid, and less of the food items as you move towards the top (point) of the pyramid.
- ▶ Balance can be achieved over a day/week.

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day

! Maximum once or twice a week

Fats, spreads and oils



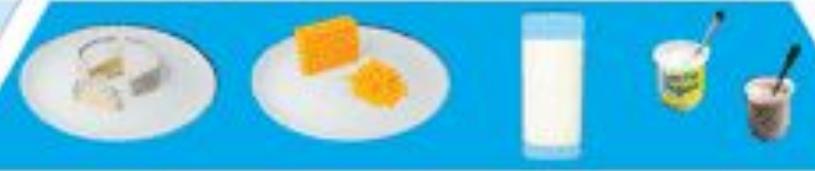
In very small amounts

Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Milk, yogurt and cheese



3 Servings a day
5 for children age 9-12 and teenagers age 13-18

Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day
Up to 7* for teenage boys and men age 19-50

Vegetables, salad and fruit



5-7 Servings a day

Needed for good health. Enjoy a variety every day.

Fruits and Vegetables



What foods can you see?

How many foods from this group should you eat everyday?

5 - 7
servings!

Cereals and Grains

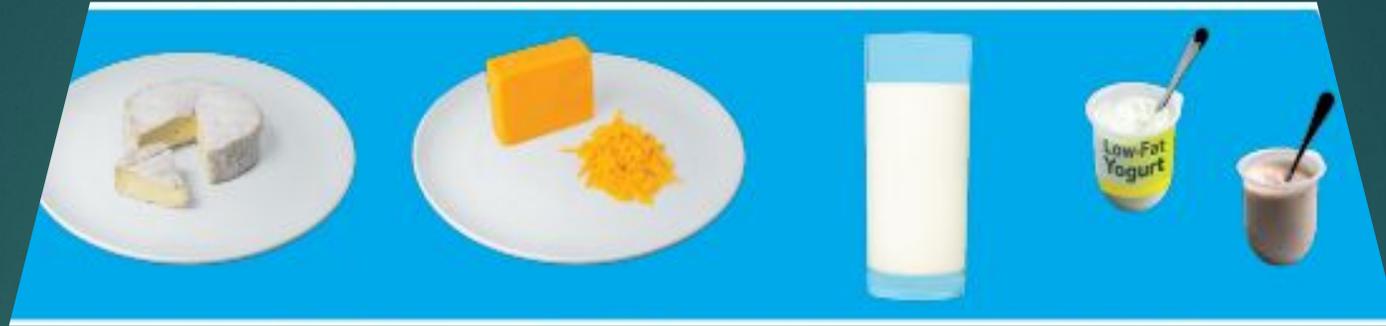


What foods can you see?

How many foods from this group should you eat everyday?

3 - 5
servings!

Dairy



What foods can you see?

How many foods from this group should you eat everyday?

3
servings!

Meat and Protein



What foods can you see?

How many foods from this group should you eat everyday?

2
servings!

Fats, Spreads and Oils



What foods can you see?

How many foods from this group should you eat everyday?

Very
Small
Amounts!

Processed Foods High in Fat, Sugar and Salt

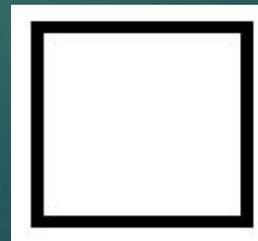
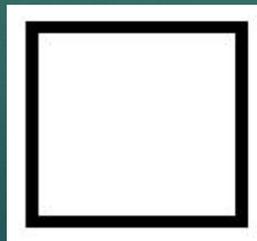
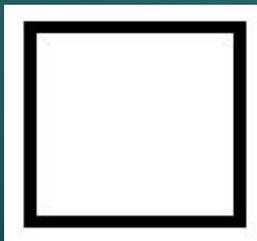


What foods can you see?

How many foods from this group should you eat everyday?



Which 2 Foods belong in this shelf?



Which 2 Foods belong in this shelf?



Five checkboxes for selection:

-
-
-
-
-

Which Food(s) belong in this shelf?



Serving Guide



Cereals, cooked rice and pasta, and vegetables, salad and fruit

Use a 200ml disposable plastic cup to guide serving size.



Cheese

Use two thumbs, width and depth to guide serving size.



Meat, poultry, fish

The palm of the hand, width and depth without fingers and thumbs, shows how much you need in a day.



Reduced-fat spread

Portion packs found in cafes can guide the amount you use. One pack should be enough for two slices of bread.



Oils

Use one teaspoon of oil per person when cooking or in salads.

Serving Guide Continued

1 serving size is:

1 portion pack reduced-fat or light spread for 2 slices of bread
1 teaspoon oil per person when cooking

50–75g cooked lean beef, lamb, pork, mince or poultry (half size of palm of hand)
100g cooked fish, soya or tofu
 $\frac{3}{4}$ cup beans or lentils
2 eggs
40g unsalted nuts or seeds

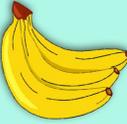
1 glass (200ml) milk
1 carton (125g) yogurt
1 bottle (200ml) yogurt drink
2 thumbs (25g) hard or semi-hard cheese such as cheddar or edam
2 thumbs (25g) soft cheese such as brie or camembert

2 thin slices wholemeal bread, 1½ slices wholemeal soda bread or 1 pitta pocket
 $\frac{1}{3}$ cup dry porridge oats or $\frac{1}{2}$ cup unsweetened muesli
1 cup flaked type breakfast cereal
1 cup cooked rice, pasta, noodles or cous cous
2 medium or 4 small potatoes, 1 cup yam or plantain

1 medium sized fruit – apple, orange, pear or banana
2 small fruits – plums, kiwis or mandarin oranges
Small fruits – 6 strawberries, 10 grapes or 16 raspberries
 $\frac{1}{2}$ cup cooked vegetables – fresh or frozen
1 bowl salad – lettuce, tomato, cucumber
1 bowl homemade vegetable soup
150ml unsweetened fruit juice

Classroom Activities

Grocery Store BINGO

FRUITS	VEGGIES	DAIRY	PROTEIN	GRAINS
				
				
				
				
				

Which food group do these foods belong to?

carrots 	bread 	asparagus 	banana 	yogurt 	watermelon 
artichoke 	oatmeal 	almonds 	lettuce 	pumpkin 	radish 
ice cream 	strawberries 	chicken 	pasta 	milk 	cauliflower 
rice 	beans 	cherries 	steak 	cheese 	oatmeal 
shrimp pasta 	spinach 	broccoli 	blueberries 	cantaloupe 	salmon 

Put an X on all of the fruits.

Put a ○ on all of the vegetables.

Put a △ on all of the grains.

Put a ☆ on all of the proteins.

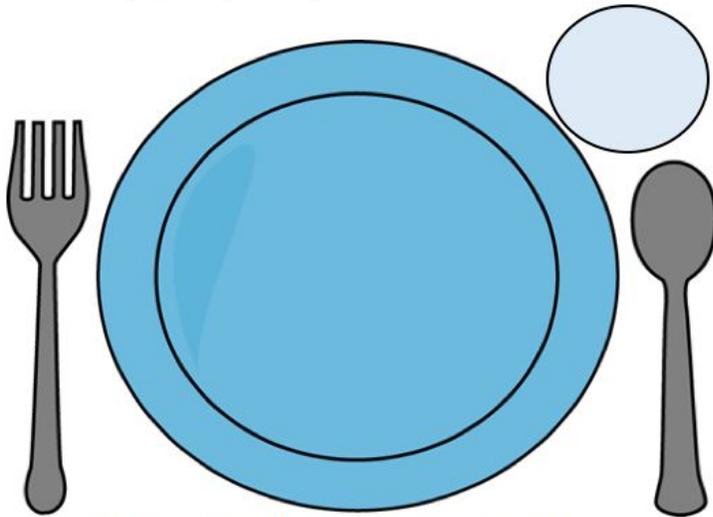
Put a ☺ on all of the dairy foods.

Classroom Activities Continued

Name: _____ Date: _____

My Family's Favourite Meal

Draw a picture of your family's favourite meal on the dinner plate:



My favourite meal has foods from these food groups:

Fruits: _____

Vegetables: _____

Grains: _____

Proteins: _____

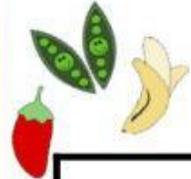
Dairy: _____

 family farm

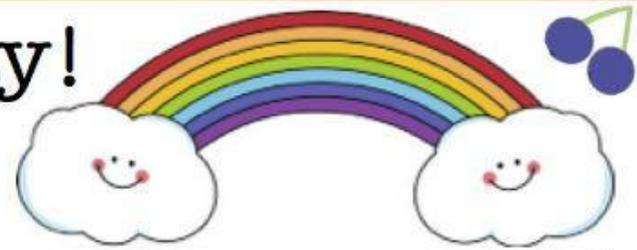
Family Farm, developed by
Agri Aware and Dublin Zoo



Eat a RAINBOW everyday!



_____ 's Rainbow Chart
Name



	Red	Orange	Yellow	Green	Blue	Purple	How many colors did I eat today?
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

Copyright 2014. Design by Belle of the Kitchen (http://bellsofthekitchen.com)
Graphics courtesy of www.nyxlographics.com FOR PERSONAL USE ONLY

Summary

- ▶ The Food Pyramid shows us the types and amounts of food we need to eat to remain healthy.
- ▶ It helps us recognize the different types of food found within each shelf of the pyramid.

▶ How can we (Agri Aware and the Family Farm) help in teaching children to eat healthy?

Agri Aware

EDUCATE • ADVOCATE • ENGAGE



Agri Aware's Incredible Edibles

- ▶ Healthy eating initiatives for Primary Schools
- ▶ Schools Receiving Grow Packs
 - ▶ Lettuce Seeds
 - ▶ Carrot Seeds
 - ▶ Turnip Seeds
 - ▶ Strawberry Seeds
 - ▶ Potato Seedlings
 - ▶ Chives
 - ▶ Compost
- ▶ Schools receive grow packs in March/April

Agri Aware
EDUCATE • ADVOCATE • ENGAGE



What else do I have to do for the Incredible Edibles Project?

- ▶ Keep a record of your class' project through photos and written descriptions.
- ▶ Log books can be downloaded from the Incredible Edible Website
 - ▶ www.incredibleedible.ie
- ▶ School participating in Agri Aware's Incredible Edibles Healthy Eating project have the opportunity to win prizes!



Ways to grow your Incredible Edible seeds

- ▶ Raised plant beds
- ▶ Pots
- ▶ Buckets
- ▶ Old Pallets



Mobile Farm

- ▶ Can't make it to the zoo?
 - ▶ Schedule the Mobile Farm to come to your school!
- ▶ A unique outdoor classroom used to educate children via hands-on learning experience.
- ▶ Requires a small area in a car park or school yard.
- ▶ Fully insured and wheelchair accessible
- ▶ Operated by a trained professional

Agri Aware

EDUCATE • ADVOCATE • ENGAGE



Mobile Farm

- ▶ Want to schedule a visit?
 - ▶ Contact **Agri Aware** at **(01) 460-1103**
 - ▶ Or email us at **info@agriaware.ie**



Dig In!

- ▶ Primary School curriculum dedicated to learning about different aspects of farming.
- ▶ Each lesson plan is linked to strands of the English, math, art, drama, science, geography and SPHE curricula.
- ▶ Divided into 4 modules according to levels of ability.
- ▶ Each model has 20 lesson plans with various worksheets and suggested activities!
- ▶ Can be downloaded for FREE off the Agri Aware website in English and Irish!
□ www.agriaware.ie/digin/

