Food Guide Pyramid Activity

Objective: To learn about the Food Guide Pyramid and demonstrate how it can be used as a guide in making healthier eating decisions.

Materials: white chart paper, markers, pencils, food pyramid, Hawaiian diet reading

Procedure:
1. Create groups of 4 and gather all materials.
2. Designate roles: leader, writer, and 2 speakers.
3. Fold chart paper in half length-wise. On the left half of the paper, brainstorm and record the kinds of snacks or foods consumed amongst group members.
4. On the same half of the chart paper, create a large “T” chart titled “Our Favorite Foods”. One heading is “Healthy” while the other is “Unhealthy”. Organize the foods listed in the group’s brainstorm into one of these two categories.
5. Speakers share with the class.

6. Read as a group or individually, the Hawaiian diet reading titled: “Food: Hawaii’s Mixed Plate” (see handout or go to: www.alternative-Hawai‘i.com/hacul/food.htm)

7. On the unused half of the chart paper, make a large pyramid (triangle) and title it “The Hawaiian Diet”. Organize the foods from the reading into one of the categories of the food pyramid using one colored marker. In a different color, organize “Our Favorite Foods” into the same pyramid. Be sure to leave some space below the pyramid.

8. Below the pyramid, write a brief paragraph about the Hawaiian diet that will aid the class in understanding why the foods were separated into these categories. Be sure the speakers are ready to defend the group’s decisions.

9. Speakers share with the class.
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Analysis:
These questions are to be answered individually. Responses may continue on the back.

1. How does the food from the past differ from the types of foods consumed today? Use 3 examples of the past and present to make your point.

2. Usually, foods in the past are considered “healthier” than the types of foods today. Why do people think that?

3. How does our diet today and the Hawaiian diet compare with one another on the food pyramid? Be specific.