

MyPyramid Bead Bracelet

Creating a bracelet will help students understand the new food guide pyramid and how to calculate their dietary needs for each food group. Each bead color represents a food group and corresponds to the colors on MyPyramid. Students may visit <http://teamnnutrition.usda.gov/kids-pyramid.html> for complete information on MyPyramid, serving sizes and portions, and other nutritional information. There is more information also available at www.zip4tweens.com.



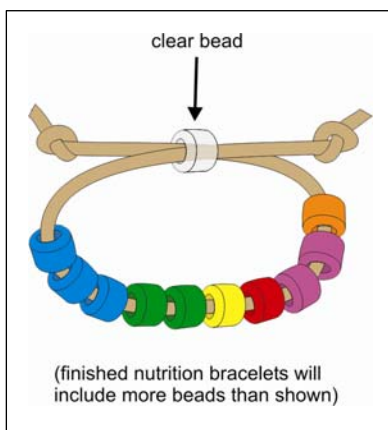
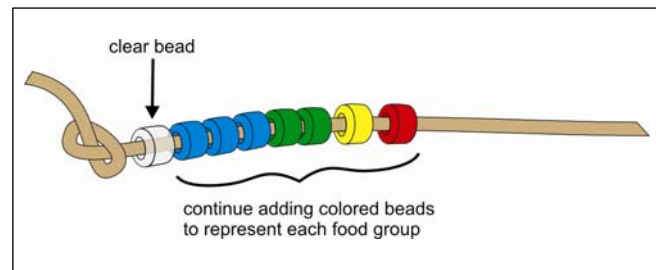
Materials Needed:

- One 12"-14" jute or hemp string, pipe cleaner or other item to string beads on.
- Pony beads (exact number of each color needed depends on age of students):

<u>Color:</u>	<u>Representing:</u>
4 Clear beads	Physical activity (one will be adjuster bead)
2-3 Blue beads	Milk Group
3-5 Green beads	Vegetable Group
2-3 Red beads	Fruit Group
4-6 Orange beads	Grains Group
3-5 Purple beads	Meat and Beans Group
1 Yellow beads	Oils Group

Procedure:

- 1. Make the bracelet.** Tie a knot close to one end of the string. Start stringing beads with the clear bead first; it will serve as the adjuster bead. String the colored beads in the amounts equal to the number of servings a child needs in each food group (see food group descriptions on following page).



Take the end of the string without a knot and lace it back through the clear bead. Tie a knot at the end. Now your clear bead has become a size adjuster for the bracelet. Excess string may be trimmed.

- 2. Discuss foods that each colored bead represents.** Explain proper serving sizes of foods in each group (see food group descriptions on next page).
- 3. Emphasize the source of our food.** Review the different colors of beads on each child's bracelet. Remind students that farmers produce our food!

Grain Group – *Make half your grains whole!* (orange beads) – One serving of food in the grain group is about 1 ounce. An ounce of grain equals: about 1 slice of bread, ½ cup of cooked cereal such as oatmeal, ½ cup of cooked rice or pasta, or 1 cup of cold cereal.

- 4-8 year-olds need 4-5 ounces of grains each day (4-5 orange beads).
- 9-13 year-old girls need 5 ounces of grains each day (5 orange beads).
- 9-13 year-old boys need 6 ounces of grains each day (6 orange beads).

“Who produces our grains?” Grain farmers like those that grow wheat in Kansas and rice in California. In Illinois, wheat is planted in the fall and harvested the following summer.

Vegetable Group – *Vary your veggies!* (green beads) – One serving of food in the vegetable group is about ½ cup.

- 4-8 year-olds need 1 ½ cups of veggies each day (3 green beads).
- 9-13 year-old girls need 2 cups of veggies each day (4 green beads).
- 9-13 year-old boys need 2 ½ cups of veggies each day (5 green beads).

“Who grows our vegetables?” Vegetable growers like those who grow tomatoes and lettuce in Florida or carrots in Texas. There are even potato farms in along the Mississippi River in Illinois!

Fruit Group – *Focus on fruits!* (red beads) – One serving of food in the fruit group is about ½ cup.

- 4-8 year-olds need 1-1 ½ cups of fruit each day (2-3 red beads).
- 9-13 year-olds need 1 ½ cups of fruit each day (3 red beads).

“Who grows our fruit?” Apple producers with orchards in Washington State, peach producers in Georgia, and blueberry growers in Maine. Illinois has many apple orchards and peaches are grown in the southern tip of the state.

Milk Group – *Get your calcium-rich foods!* (blue beads) – One serving of food in the milk group is 1 cup milk or yogurt or 2 ounces processed cheese.

- 4-8 year-olds need 2 servings of milk or dairy products each day (2 blue beads).
- 9-13 year-olds need 3 servings of milk or dairy products each day (3 blue beads).

“Where does our milk come from?” Dairy farmers that raise cows in Wisconsin, California, and many other states. Milk is produced on dairy farms in Illinois, too.

Meat & Bean Group – *Go lean with protein!* (purple beads) – One serving of food in the meat & bean group is equivalent to ½ cup cooked beans, 1 egg, 2 tablespoons peanut butter, or 2-3 ounces cooked meat, poultry, or fish. In this case, you will put on a bead for each ounce of meat, rather than each serving.

- 4-8 year-olds need 3-4 ounces of meat & bean group foods each day (3-4 purple beads).
- 9-13 year-olds need 5 ounces of meat & bean group foods each day (5 purple beads).

“Where are meat and beans produced?” Livestock farmers raise beef cattle, pigs, and poultry all across the country, including Illinois. Dry beans such as kidney beans are raised in states like North Dakota and Minnesota.

Oils (yellow beads) – Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil and canola oil. (1 yellow bead)

“Where do oils come from?” Corn and soybeans grown by farmers in Illinois and the Midwest are used to make cooking oils. Oils also come from animal fats and other plant sources like cottonseed.

Physical Activity (clear beads) – Children and teens should be physically active for 60 minutes every day. Place one clear bead on your bracelet for every 15 minutes of activity. (4 clear beads)