

Food Guide Pyramid

Grade Level: Post Secondary

Overview	The teacher will get an view on how much the students know about daily food servings.
Objective	After taking a pre-quiz and having a discussion on daily serving sizes, the students will be able to give correct serving sizes with 100% accuracy.
Materials	Decing Computer Current Food Guide Pyramid Paper
Procedure	<ol style="list-style-type: none">1. The teacher will create a poll on Decing using six options: Grains, Vegetables, Fruits, Dairy, Protein.2. The teacher will give each student their own access code.3. The teacher will explain to the students that this lesson is to see how much the students know about the daily serving sizes of each category.4. Each student will use their access key to go onto Decing and fill out the poll. The students should use the “gems” to show how many servings of each category you should eat daily. Servings are measured in either cups or ounces. Ex: If the students think that you should eat 3 cups of fruit everyday then they would give the fruits option 3 “gems”.5. After every students have completed the poll the teacher should tell the students the correct servings. Grains: 6 ounces, Vegetables: 3 cups, Fruits: 3 cups, Dairy: 3 cups, Protein: 6 ounces.6. The teacher should then have the students discuss the different foods included in each category.
Evaluation	The teacher can give a follow up quiz on the serving sizes. Each student should receive 100% on the follow-up quiz.