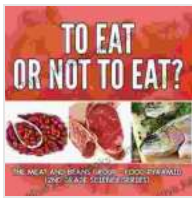


To Eat Or Not To Eat: The Meat and Beans Group Food Pyramid for 2nd Grade Science

The Meat and Beans Group Food Pyramid is a great way to teach 2nd grade students about the importance of eating healthy foods. This activity will help students identify the different food groups and understand how much of each group they should eat each day.

Materials

* Meat and Beans Group Food Pyramid template * Construction paper * Glue * Scissors * Markers or crayons



To Eat Or Not To Eat? The Meat And Beans Group - Food Pyramid (2nd Grade Science Series Book 3)

by Baby Professor

★★★★☆ 4.6 out of 5

Language : English

File size : 5023 KB

Screen Reader : Supported

Print length : 32 pages



Instructions

1. Print out the Meat and Beans Group Food Pyramid template.
2. Cut out the food pyramid.
3. Glue the food pyramid to a piece of construction paper.
4. Color the food pyramid.
5. Label the different food groups on the food pyramid.
6. Cut out food pictures from magazines or newspapers.
7. Glue the food pictures to the food pyramid.

Discussion Questions

* What are the different food groups? * Why is it important to eat healthy foods? * How much of each food group should you eat each day? * What are some healthy foods that you like to eat?

Assessment

* Students will be able to identify the different food groups. * Students will be able to understand how much of each food group they should eat each day. * Students will be able to create a Meat and Beans Group Food Pyramid.

Extension Activities

* Have students research different food groups and create a report on their findings. * Have students create a healthy meal plan that includes foods from all of the food groups. * Have students visit a local grocery store and identify the different food groups in the store.

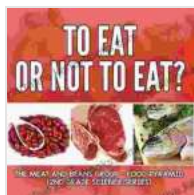
Benefits of Eating Healthy Foods

Eating healthy foods provides many benefits for children, including:

* Improved overall health and well-being * Reduced risk of chronic diseases, such as heart disease, stroke, type 2 diabetes, and some types of cancer * Improved academic performance * Improved behavior * Increased energy levels

The Meat and Beans Group Food Pyramid is a great way to teach 2nd grade students about the importance of eating healthy foods. This activity will help students identify the different food groups and understand how

much of each group they should eat each day. By eating healthy foods, children can improve their overall health and well-being.



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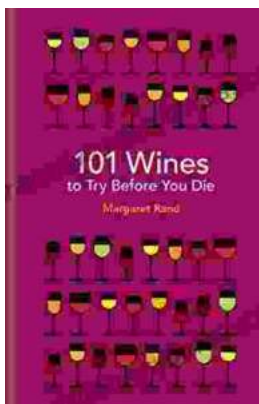
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