



<p>Q:</p>	<p>What is Pyramid Plus: Real-Life Nutrition for Teens?</p>
<p>A:</p>	<p>Pyramid Plus: Real-Life Nutrition for Teens is a 9-lesson activity-based nutrition curriculum from the Oregon Dairy Council that motivates and teaches teens to make nutrient-rich food choices. Pyramid Plus is perfect for grades 9-12, but can be adapted for middle school or adult audiences.</p>
<p>Q:</p>	<p>How was Pyramid Plus developed?</p>
<p>A:</p>	<p>Nutrition educators at the Oregon Dairy Council reviewed existing high school nutrition curricula and decided there was a need for a new hands-on, interactive, teen-friendly program. Focus groups with both teens and teachers helped shape the content, format, and tone of the curriculum. Feedback from classroom pilot tests further refined and enhanced the program.</p>
<p>Q:</p>	<p>How much time do I need to teach Pyramid Plus?</p>
<p>A:</p>	<p>Approximately 45-60 minutes is required for each of the nine lessons. Each lesson includes “going further” activities that can be included if additional time is available. The kit’s completeness reduces valuable prep time.</p>
<p>Q:</p>	<p>What supplies do I need to teach Pyramid Plus?</p>
<p>A:</p>	<p>The cost of the kit includes most of the teaching materials needed to teach Pyramid Plus, including posters, masters for student handouts/worksheets and overhead visuals (provided as both hard copies and on CD), plus 50 Pyramid Plus charts. Additional Pyramid Plus charts are available and your first 100 replacement charts per year are free (details provided in the kit). Occasionally you will need to gather additional items, such as measuring cups and food labels. An overhead projector or other A/V equipment will be useful for displaying overhead visuals.</p>
<p>Q:</p>	<p>Are student assessments included in Pyramid Plus?</p>
<p>A:</p>	<p>Yes, three developed student assessments are included in the curriculum. You can also peruse a list of additional assessment ideas to find one that’s right for your students.</p>
<p>Q:</p>	<p>Is Pyramid Plus aligned to education standards and benchmarks?</p>
<p>A:</p>	<p>Yes, each lesson includes a detailed alignment to National and Oregon Health Education Standards and Benchmarks, and Oregon Career Related Learning Standards.</p>
<p>Q:</p>	<p>How much does Pyramid Plus cost?</p>
<p>A:</p>	<p>Order a kit online at www.oregondairycouncil.org and receive \$10 off for a total cost of \$49 per kit. The standard cost of the kit, without the online discount, is \$59.</p>
<p>Q:</p>	<p>How can I find out more about Pyramid Plus?</p>
<p>A:</p>	<p>To learn more about Pyramid Plus or to place an order, visit www.oregondairycouncil.org where you will find additional information, including a list of the lesson topics and a peek inside the Table of Contents and Instructor Information. You can also call (503) 229-5033 for more information or to place an order.</p>