

Table of Contents

Packaged With Notebook

Pyramid Plus Charts (50)

MyPyramid Wheels (5)

Front Notebook Pocket

Feedback Form

CD

Instructor Information

Lesson 1: N-Rich the Pyramid

Materials included:

Key Words Cards (Nutrient-Rich and Sometimes Foods and definitions)

Tip of the Day overhead visual

Key Words Guide

More Nutrient-Rich → Less Nutrient-Rich worksheet

Lesson 2: Eating Your Way Through the Pyramid

Materials included:

Age and Activity = Calories overhead visual

How Much Do You Eat? overhead visual

Practice Food and Activity Record overhead visual

Completed Food and Activity Record overhead visual

Tip of the Day overhead visual

How Much Do You Eat? handout

Food Record handout

Lesson 3: Navigating MyPyramid.gov

Materials included:

Navigating MyPyramid.gov worksheet

MyPyramid Poster

Tip of the Day overhead visual

Lesson 4: Label Lingo

Materials included:

Sample Label overhead visual

Tip of the Day overhead visual

Sample Label worksheet

Lesson 5: Making Healthy Eating a Habit

Materials included:

Tip of the Day overhead visual

Nutrition and Recipe Websites You Can Trust handout

Harm of Poor-Choices Paula handout

Performance Checklist

Tackle the Issues worksheet

Lesson 6: Uncovering the Dietary Guidelines for Americans

Materials included:

Nutrition Myths overhead visual

Dietary Guidelines overhead visuals (9)

Tip of the Day overhead visual

Sorting Nutrition Myths From Facts worksheet

Lesson 7: Creating a Personal Nutrition Action Plan

Materials included:

Sample Food and Activity Records - Day 1, 2, 3

Nutrition Action Plan Example overhead visual

Tip of the Day overhead visual

Pyramid Plus Chart (black and white copy)

Nutrition Action Plan worksheet

Lesson 8: Body Image

Materials included:

Teen Boy's Body Silhouette overhead visual

Teen Girl's Body Silhouette overhead visual

"So, What Is Normal?" poster

"Think Your Drink" handout

Body Shape overhead visual

Tip of the Day overhead visual

Added Sugar in Beverages worksheet

Lesson 9: Quick and Easy Healthy Eating

Materials included:

Tip of the Day overhead visual

Quick and Easy Meal worksheet

Quick 2 Fix brochure

Lesson Assessments for Pyramid Plus

Materials included:

Snack Attack Role Play handout

School District Wellness Policy handout

Spiffing Up the Student Store handout

Back Notebook Pocket

Oregon Dairy Council Catalog of Resources

Copyright Information

Lesson worksheets, handouts and overhead visuals may be reproduced for use with each lesson.

All other Pyramid Plus lessons, materials, and CD files may not be reproduced.

For additional copies, please visit www.oregondairycouncil.org