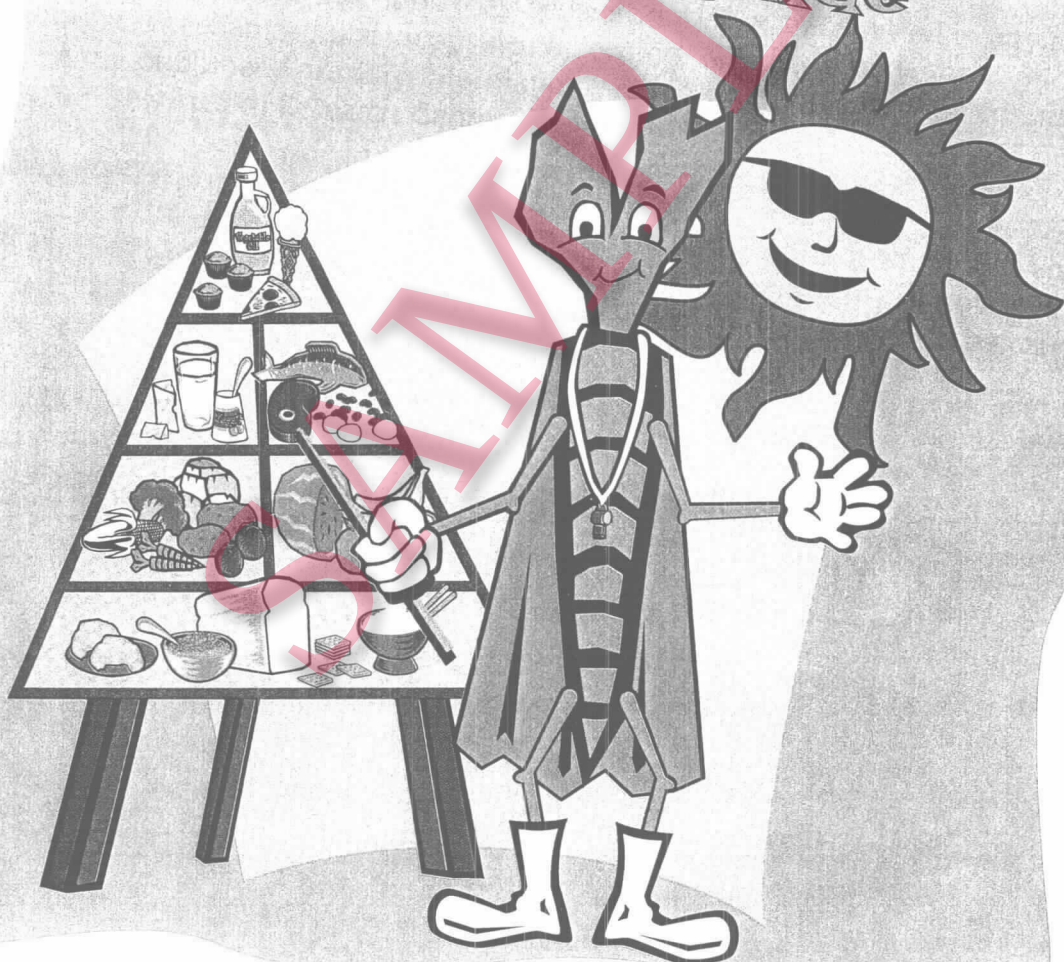


Bienestar Health Program

Cafeteria Program Teacher's Guide



BIENESTAR CAFETERIA CURRICULUM

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Lesson 3

Food Guide Pyramids

Objectives:

After the lesson is taught, the food service staff will be able to:

- **Define** the role of the food guide pyramid in meal management
- **Explain** how to use the food guide pyramid
- **Distinguish** between two types of food guide pyramids
- **Identify** the various food groups and serving sizes according to the food guide pyramid

Materials:

- Pens or pencils
- Evaluation form (included in workbook)
- Workbook pages 25-32
- Optional activity: Bienestar Food Guide Pyramid Game
(For more information contact www.SaHRC.org)

A. Lesson Introduction

- Introduce today's lesson.

"Today's lesson is about the food guide pyramid. In this lesson, you will learn what the food guide pyramid is and how it can be used to help keep you healthy."

"En la lección de hoy hablaremos acerca de la pirámide alimenticia. En esta lección aprenderán qué es la pirámide alimenticia y cómo usarla para mantenerse saludable"

B. Lesson Content

Directions:

- **Pass** out workbooks and pencils.
- **Have** students turn to page 25 for the lesson review sheets.
- **Teach** the content bullets.
- **Students** should use the Lesson Review sheets in the workbook as a visual aid.