HIGH FIVE FOR HEALTHY EATING

**Materials**

- Paper or cardstock
- Scissors
- Pencil
- Markers or crayons
- Popsicle stick
- Glue

**DIRECTIONS**

1. Trace your hand on a sheet of paper or cardstock.
2. Cut out your traced hand.
3. Label each of your fingers with a food group according to serving proportions. Write the food groups in the color that represents them on the Food Guide Pyramid, as follows:
   a. “**Fruit**” is the pinky finger – **Red**
   b. “**Vegetables**” is the fourth finger – **Green**
   c. “**Grains**” is the middle finger – **Orange**
   d. “**Milk**” is the pointer finger – **Blue**
   e. “**Meat/Beans**” is the thumb – **Purple**
4. Write “Exercise” in the palm of your traced hand.
5. On the back of the hand, list foods that go with each of the food groups and some exercise activities.
6. Glue a popsicle stick to the middle of the palm.

You now have something to help you remember the five main food groups!

For more information on the Food Guide Pyramid, visit the website for the United States Department of Agriculture at [www.mypyramid.gov](http://www.mypyramid.gov).

**Benchmark:**

Life Science K-4
LS-E-A6: recognizing the food groups necessary to maintain a healthy body

**Grade-Level Expectations**

Kindergarten: #95 Classify various foods into the major food groups (e.g., bread, meat, fruit, vegetable)

Second Grade: #31 Identify and discuss the arrangement of the food pyramid

**Credit:** Illinois Ag in the Classroom