

Summary of Essential Questions

| Grade Range | Titles | Essential questions/NOTES |
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| K-3 | MyPyramid for Kids - Food Groups | What is MyPyramid for Kids? What food groups does MyPyramid for Kids use? What counts as a Fruit? Vegetable? Grain? Milk? Meat & Beans? Oil? |
| K-3 | MyPyramid for Kids - Nutrition Basics | How does the MyPyramid for Kids graphic guide us to eat nutritious food and to get physical activity? Why is it important to eat a variety of foods from different food groups? |
| K-3 | MyPyramid - Fruits and Vegetables | How can we get fruits and vegetables in our diets every day? Why does our body need fruits and vegetables? |
| K-3 | MyPyramid - Healthy Snacks | What are the most nutritious types of snacks? What types of snacks require more moderation? |
| 4-6 | Comparing Your Diet to MyPyramid | How many servings should I have from each food group of MyPyramid? What counts as a serving? How does my diet compare to the recommendations in MyPyramid? |
| 4-6 | Nutrition Literacy | What do common nutrition terms mean? (See key vocabulary) What nutrients give me energy (calories)? What types of food (based on food groups) provide protein, fiber, saturated fats, trans fat and natural sugar? Why do we want to minimize the saturated fat and trans fat in our diets? Why is water a better source of fluid than sugared beverages? |
| 4-6 | Label Reading | How does information on a nutrition facts label help me determine the best food choices? What nutrients found on labels need to be controlled to increase chances of staying healthy? |
| 4-6 | Calcium in Your Diet | Why do you need calcium to build strong bones? Why is it so important for kids to get adequate calcium in their diet? What foods are good sources of calcium? How can you get adequate calcium in your diet? |
| 7-9 | Dietary Guidelines for Americans | What are the Dietary Guidelines for Americans? Why do we have Dietary Guidelines for Americans? What food choices help us follow the Dietary Guidelines? |
| 7-9 | Factors Influencing Teen Food Choices | What are the major factors influencing my food choices? Why should I prioritize nutrition/health when making food choices? What would help me to make better food choices? |
| 7-9 | The Food-Media Connection | What types of media influence your food choices? What positive and negative media food messages do children and teens encounter? How can media impact on food and physical activity choices? |
| 7-9 | The Basics of Energy Balance | What is energy balance and why is it a health concern? What are the Dietary Guidelines recommendations on weight management? How can using MyPyramid help you maintain a healthy weight? How can we encourage healthy body weights without causing angst about body shape or size? |
| 10-12 | Factors Influencing Adult Food Choices | What factors influence adult food choices? What are examples of positive and negative influences on adult food choices? What can be done to decrease negative influences on adult food choices? |
| 10-12 | Less Expensive Eating Begins at Home | What are the benefits of eating meals at home? How do you find the average cost of eating a nutritious diet at home? How does the cost of eating in a restaurant compare to the cost of eating food prepared at home? |
| 10-12 | An Energy Balancing Act | What factors affect calorie requirements? How do life cycle stages and events influence calorie needs? How do calorie requirements change with changes in physical activity? How can www.MyPyramid.gov be used to compare calorie intake with energy expenditure? What are appropriate strategies for someone that is not in energy balance? |
| 10-12 | Heart-Healthy Eating | What common chronic diseases are related to diet? What are risk factors for heart disease? How can fat in our diet increase or decrease heart disease risk? What are types of healthful and unhealthful fats? When eating out or preparing home meals, what are ways to control saturated fat intake? |