

# my pyramid

for the fun of eating and playing

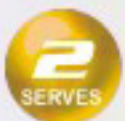
My Pyramid is a great guide to

- the foods I need each day
- the portions of food I need each day
- my activities each day



## Fats, Oils and Sweets

everyday- gives me energy, but too much of it is not good for me.



## Meat, Pulses and Nuts

a day everyday helps build my muscles. Make it balanced and make it lean.



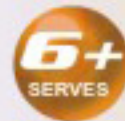
## Milk and Milk Products

a day everyday makes my bones strong and makes me tall.



## Vegetables and Fruits

a day everyday- variety and colour makes me happy, healthy and bright.



## Whole Grains and Cereals

a day everyday gives me energy to play and learn. Half my choices I make them whole.



## Fats, Oils and Sweets



| Serves/Day | My Food Choices             | Serving Size            | Approx. kcal/serve |
|------------|-----------------------------|-------------------------|--------------------|
| 1 or less  | Ghee/Oil<br>Butter<br>Sugar | 2 tsp<br>3 tsp<br>5 tsp | 100                |



## Meat, Pulses and Nuts

| Serves/Day | My Food Choices  | Serving Size  | Approx. kcal/serve |
|------------|--|---|--------------------|
| 1-2 serves | Egg<br>Fish<br>Chicken<br>Dal<br>Rajma<br>Almonds/Cashews/Pista<br>Peanuts | 1<br>2 small pieces<br>2-3 small pieces<br>3/4 katori<br>1/2 katori<br>10 pieces<br>20 gm | 100                |



## Milk and Milk Products



| Serves/Day | My Food Choices                       | Serving Size                             | Approx. kcal/serve |
|------------|---------------------------------------|--|--------------------|
| 3 serves   | Milk<br>Curd<br>Paneer<br>Cheese Cube | 1 cup<br>1 katori<br>4 small pieces<br>1 | 100                |



## Vegetables and Fruits

| Serves/Day              | My Food Choices   | Serving Size                                       | Approx. kcal/serve |
|-------------------------|---|--|--------------------|
| 3-4 serves (Vegetables) | Spinach/Cabbage/Brinjal/Cluster Beans<br>Carrot/Beetroot/French Beans<br>Potato/Yam<br>Cooked Vegetable/Salad | 1 katori<br>3/4 katori<br>1/2 katori<br>1/2 katori | 50                 |
| 1-2 serves (Fruits)     | Banana<br>Apple/Orange/Guava/Chickoo<br>100% Fruit Juice  | 1/2 banana<br>1 medium sized<br>1/2 glass (125 ml) |                    |



## Whole Grains and Cereals



| Serves/Day  | My Food Choices  | Serving Size  | Approx. kcal/serve |
|-------------|--|---|--------------------|
| 6-11 serves | 100% Whole Grain Oats<br>Brown Bread<br>Cooked Rice/Upma/Poha<br>Parantha/Dosa<br>Idli<br>Phulka/Chapati | 1 bowl (35 g)<br>1 1/2 slice<br>1 katori<br>1<br>2 small<br>2 | 100                |










## Background for Teachers

Dear Teacher,

The Get Active My Pyramid program is designed to promote good nutrition and active lifestyles.

The My Pyramid module will help you communicate the importance of foods children need each day, the portions of food they need each day and the balance between food and physical activity.

This energizing program has 3 basic objectives:

-  Educate children about the Get Active My Pyramid and to choose a variety of foods from different food groups
-  Encourage children to make the healthy choice an easy choice by teaching them the importance of balance and moderation
-  Promote the concept of energy balance through Get Active My Pyramid activities

The program incorporates a mix of classroom activities and components that reinforce learning with fun.

As with any well-designed program, we feel family involvement is critical to making long-lasting impact. Children will take home handouts and informational material that will help parents understand the My Pyramid and help guide their children to eating right and playing more.

Thank you for your support.

Yours to good health!

The Get Active Team

