Other Activities

Unit 1 - United States and MyPyramid

Nutrition
Take a trip through a supermarket. Invite a community partner, such as a dietitian or grocery store manager, to explain how foods are organized in the stores, and how to choose foods using MyPyramid as a guide.

Culture
Go to a supermarket and locate the departments dedicated to various foods from around the world. In a notebook, make a list of these departments and the foods located in these areas. Try preparing, serving, and eating some of the foods found to experience foods from different cultures.