

# Other Activities

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## Unit 1 - United States and MyPyramid

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### **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.

