

Jr. Chef Level 1, Lesson 2

MyPyramid Poster



This is the bulletin board set mounted on a tri-fold project board. Everything is held in place with Velcro. The long strips of food pictures can be removed completely or placed down low on their Velcro strip so that they hang off the bottom of the poster board. This leaves room for putting individual food model pictures on the Velcro strips.

Notice the “Go,” “Glow,” and “Grow” squares—they are included electronically in the file.

Notice the small cards with amounts listed on them at the top of each strip of food. Those are not included in the bulletin board set. Those were made in house; make your own as you see fit with amounts for students the age you are working with. Amounts are listed in the Educator Information for this lesson .

Example of “Gradient Poster for Grain Group”

