

Kids in the Kitchen Activities

Portion Control

ving sizes solved! Students will measure commonly used serving sizes to understand portion sizes.

MyPyramid Trivia

ere is a new pyramid in town! Students will get an up-look of a 4 foot tall MyPyramid. The four-sided pyramid has a hands-on word scramble and matching game.

Cooking Time

isa is a great kid-friendly food, but it is also a MyPyramid-friendly food. A **Kids in the Kitchen** helper will demonstrate how to cook a MyPyramid pizza. Students will get to try a little sample as well!

Location & Time

Come on and visit us!

Kentucky Beef Council

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Kids in the Kitchen

Nutrition Neccessities for Young Cooks



**Brought to you by
Kentucky's Beef Producers**

Kentucky Beef Council

Objective

Is in the Kitchen is a nutrition education program that emphasizes literacy, math, and practical living applications. This program helps children see how important it is to make good food choices and that food components working together can make a big difference in their health.

Targeted Audience

Grade levels 3rd through 5th

Core Content Fulfillments

Mathematics
Practical Living
Reading

In Classroom Activities

Pre-visit and post-visit curriculum are offered to all classes that attend the **Kids in the Kitchen** activity center. Curriculum fulfills many Kentucky Core Content standards and will enhance students' learning experiences.

ChooseWell, an educational kit, is required for the curriculum. The kits are **FREE** and can be ordered through the Kentucky Beef Council.

To obtain pre-visit and post-visit curriculum visit:
www.kybeef.com

Kids in the Kitchen Activities

MyPyramid Bingo

Bingo with a nutritional twist! Students will fill their cards by answering nutrition questions. The Bingo "coins" will be enough incentive for students to get hyped about health.

Finding Nutrient-Rich Foods

Life-size nutrition labels will serve as writing boards for students to decide what foods are considered a "good" or "excellent" source of nutrients.

Calorie Salary

Time to go grocery shopping.... Not with money but with calories! Students will shop through the shelves of the **Kids in the Kitchen** grocery store to see how calories are spent in a day.

Mixed Dish Mysteries

Often a meal combines many foods from different food groups. Students will get to combine foods from all food groups to make a delicious dish!

