

Lesson 1: Meet the Royal Food Family

Suggested food preparation:

1. Tasty Taco

Soft tortilla - small, 1 per student

Taco meat (hamburger meat + taco seasoning; drain fat from meat) OR
refried beans

Cheese, shredded

Salsa, mild

Dried fruit: banana, if available

Give each student a tortilla. Add a tablespoon of meat or refried beans, a tablespoon of cheese and a spoonful of salsa. Let students roll the tortilla and eat. Serve with a piece of dried fruit. Talk about how each food represents a food group character. Note: To save time, make large quantity of meat and freeze. Meat can be served cold (not frozen).

Suggested take-home message for parents:

NOTE: Provide teacher with enough copies for each student in the class to take home to provider.

- [MyPyramid for Kids: Eat Right. Exercise. Have Fun.](#)

Suggested supplemental activities:

NOTE: Provide teacher with enough copies for each student in the class.

- [Color MyPyramid for Kids](#)
- [Crack the Code](#)
- [Silly Syllable Scramble, Part 1](#)
- [Silly Syllable Scramble, Part 2](#)

Web resources:

- [Team Nutrition](#)