

*Grazin' the Food Guide Pyramid With Marty Moose*

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In this curriculum, a mangy moose, leads second or third grade students through the food guide pyramid. Students join Marty on special adventures with each food group. In addition to learning about the food guide pyramid, Marty helps students identify and value differences—not only in food, but in each other. They also learn about food safety, the importance of eating breakfast, and being physically active. The overall goal of this curriculum is students will be healthier as a result of making better food choices, drinking the recommended amount of water each day, being more physically active, improving practices in food preparation and food safety, and being accepting of self and others. The curriculum identifies health performance standards for this age group which must be met by teachers. Marty Moose says, “Everyday romp and play; wash your hooves lots; nibble your food and enjoy; graze on plants (fruits, veggies, and grains); lap up 6-8 glasses of water; and value every creature—including you!” The curriculum is complete with teaching outline, background information, and activities with instructions (fishing with Marty, making goofy grain sandwiches, eating a rainbow, milking a purple cow, and making bean dip in a bag); introductory letters to principals, teachers, and parents; teacher packet materials and suggested follow-up activities; student workbook, activities, and incentives (fishing license, Marty Says card, “I nibbled a new food” sticker, and completion certificates); take home parent letters with recipes; posters and “Ask Marty” papers for student questions, and a pre- and post-test for evaluation. Students gain knowledge from the pre- to post-test and demonstrate changes in behaviors as documented by teacher observations and student thank you notes. Students relate to Marty and his messages. One student stated “...I nibbled a new food today.” Another wrote, “I want you to know I am lapping up lots of water.” Teachers request this program each year.