# A healthy food pyramid NOTES FOR THE TEACHER

‘A healthy food pyramid relies on a healthy soil foundation’ is a one page leaflet that may be handy to download, print and hand out to your students and create projects around. Or you could put this image up on your whiteboard screen and discuss with the class the following points:

* **The importance of eating more types of food from the bottom part of the pyramid than the top.**  Healthier types of food = healthier children.
* **That proportions of food should have more from the lower part of pyramid than the upper part of the pyramid.**  Bigger proportions of the healthier food = healthier children.
* **The healthier the soil where this food** comes from = healthier children.
* **What does healthy soil look like?**
* **Why is healthy soil good for nature?** Healthy soil = more worms, insects, birds etc.
* **Why is healthy soil good for the environment?** Captures more water = less drought & erosion.
* **Why is healthy soil good for the planet?** Captures more carbon which helps fight global warming.

We have a worksheet that can also download on the same webpage and share with your classroom as homework/class activity.

## Then you could consider taking action in the classroom:

* Do a campaign in the school/community around what is in your lunch box / dinner and how can you improve it to eat more healthier.
* Get a knowledgeable parent or local horticulturalist involved in building up a school garden and helping to teach the children to grow on their space
* Plant some bulbs or seeds – maybe your teacher could give out mystery seeds or bulbs and you can wait to see what grows
* Make a compost heap at home or in school
* Start a campaign to get people to stop using pesticides or herbicides in your local community
* Collect seaweed for the school garden or grow green manure
* Start a wildflower area in your school or encourage your school to take part in the no-mow May project.