

Food Pyramid Abacus

Make a food pyramid abacus to help keep daily track of what foods are eaten in each food group.

Materials Needed:

- ▲ White matte board
- ▲ 5 colors of Pony Beads
- ▲ Beading cord elastic or round cord elastic
- ▲ Ice pick and wooden cutting board
- ▲ Heavy duty scissors (to cut matte board)
- ▲ Ruler
- ▲ Fine line pen or marker

Directions:

Cut pyramids from the matte board using the pattern and cut notches in the designated locations.

Draw lines on the pyramid and write in the information as shown on the pattern.

Carefully punch holes in the matte board using the ice pick and cutting board.

Cut an 18" piece of elastic cording. Make a large knot at one end. Bring the elastic through the top hole from the back. (Be sure the knot is at the back of the pyramid.)

String three beads (a color to designate meat) and three more beads (a color to designate milk). Wrap the elastic around the division line between the Milk/Meat and Vegetable/Fruit groups. The elastic should fall into the notches on the edge. String the elastic back through the top second hole (from the front).

Bring the elastic down to the second hole and bring it through to the front. String 4 beads (a color to designate fruit) and 5 beads (a color to designate vegetables). Wrap the elastic around the division line between the Vegetable/Fruit and Pasta, Cereal, Rice, and Bread groups. The elastic should fall into the notches on the edge. String the elastic back through the second hole from the front).

Bring the elastic down to the third hole and bring it through to the front. String 11 beads (a color to designate Pasta, Cereal, Rice, and Bread). Wrap the elastic around the division line between the Pasta, Cereal, Rice, and Bread group and water. The elastic should fall into the notches on the edge. String the elastic back through the third hole (from the front).

Carefully stretch and tie a thick knot in the elastic so it will not pull back through the hole.

Start each day with all the beads on the back of the Food Pyramid Abacus. Whenever you eat a serving of food move one bead to the front of the Abacus for the appropriate food group.

