

MyPyramid: Supplementing Student Text Content

The Food Guide Pyramid has been revised and is now known as MyPyramid. Physical activity has been added as an important component. Physical activity is represented as a stairway on the side of the pyramid. The steps in the stairway correspond very well with the various levels of the Physical Activity Pyramid as described in *Fitness for Life: Middle School*.



The MyPyramid is shown here, with the types of activity from the Physical Activity Pyramid included. Go to www.mypyramid.gov to get more information on MyPyramid. Additional information on MyPyramid is also available in the student text (chapter 8, pages 99 to 100) and in the Supplemental Online Content for the middle school text under Web Topic 8.8 .