Pyramids

Lesson 1

What is a Pyramid?
Dave
Which is a Pyramid?
Which is a Pyramid?

Baltyk Tower, Poznań, Poland

I walked Boston's old granary burying ground
Which is a Pyramid?

pyramid of teotihuacan
Polygon

Triangle
3 sided polygon

Quadrilateral
4 sided polygon

Pentagon
5 sided polygon

Hexagon
6 sided polygon
square
gerectangle
triangles

square
Triangle-base pyramid

Triangle-base pyramid

base
Square-base pyramid

base

face

apex
Rectangle base pyramid
A pyramid is a geometric shape.

- apex
- face
- edge
- base
- vertex
I made a ________________, It has a ___________ base. The pyramid has ___________ faces and _______ apex on top. (number#). Edges here and edges there, _______________ join the base!

Word Treasure Box:
Pyramids

Lesson 2

Pyramids in Different Countries
Egypt
The Pyramid of Giza
Mexico
Mexico: Pyramid of the Sun
Pyramid of the Sun
Mexico: Pyramid of the Moon
Pyramids

Lesson 3

Treasure Inside
King Tut - the Golden King

http://ancient-tides.blogspot.com/2008/12/new-proof-akhenaten-was-king-tuts.html

http://www.discoverytsx.com/exhibitions/kingtut
What is treasure?
What is treasure?
Pyramids were built to honor people.

http://www.africa-adventure.com/safari/10_day_royal_egyptian_tour&docid
Pyramid murals

Maize, salt and daily life on Mayan murals

http://bit.ly/QJO0QF

http://www.screamatthebeach.com/twproductionsllc/portfolio.htm

Pyramids

Lesson 4

Constructing Our Own Pyramids
Modern Pyramids


http://members.virtualtourist.com/m/p/m/1de0dd/
Modern Pyramids

First skyscraper in Paris

http://bit.ly/Vw3GE0

Merida, Mexico - Prism Apartments


http://www.linesacross.com/2012/05/paper-pyramid-gift-boxes.html
Food Pyramid

- **Fats, Oils & Sweets**: Use sparingly.
- **Milk, Yogurt & Cheese Group**: 2-3 servings.
- **Vegetable Group**: 3-5 servings.
- **Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group**: 2-3 servings.
- **Fruit Group**: 2-4 servings.
- **Bread, Cereal, Rice & Pasta Group**: 6-11 servings.

*KEY*
- Yellow: Fat (naturally occurring and added)
- Orange: Sugars (added)

These symbols show fats and added sugars in foods.
Exercise pyramid

Cut Down On
Sitting for more than 30 minutes (EX. Watching TV, Sitting at Computer, etc.)

2-3 Times A Week
Leisure
- Golfing
- Gardening
- Shopping
- Bowling

Strength & Flexibility
- Yoga
- Take Stretch Breaks
- Push-Ups/Pull-Ups
- Weight Lifting

3-5 Times A Week
Aerobic Exercises
 Accumulate a total of 30 minutes.
- Hiking
- Swimming
- Running/Jogging
- Biking
- Brisk Walking
- Basketball
- Volleyball
- Soccer
- Tennis

Every Day
Walk Often & Stay Active
- Do Yardwork
- Park Your Car Farther Way
- Get Up and Change the TV (Don’t Use the Remote Control)
- Take the Stairs
- Mow the Lawn
- Walk the Dog

www.heartsmart.info
Pyramids

Lesson Five