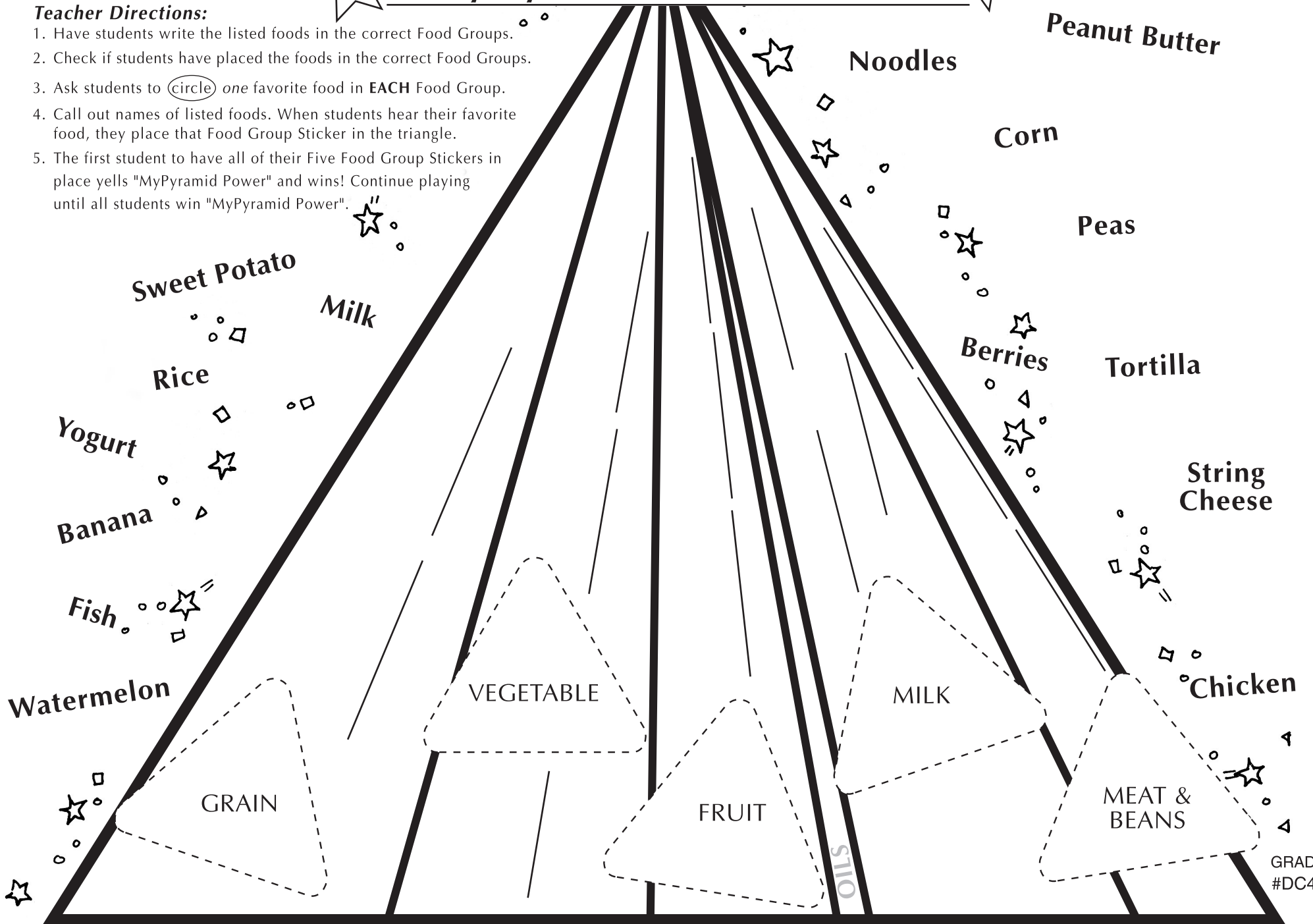


MyPyramid BINGO!

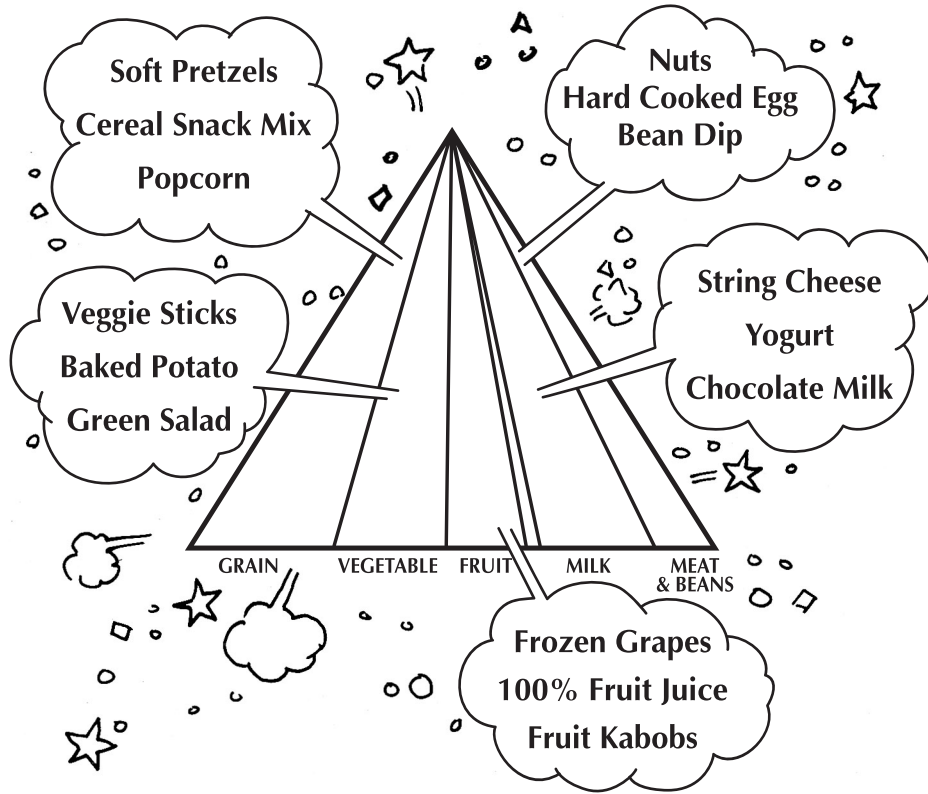
Teacher Directions:

1. Have students write the listed foods in the correct Food Groups.
2. Check if students have placed the foods in the correct Food Groups.
3. Ask students to circle one favorite food in **EACH** Food Group.
4. Call out names of listed foods. When students hear their favorite food, they place that Food Group Sticker in the triangle.
5. The first student to have all of their Five Food Group Stickers in place yells "MyPyramid Power" and wins! Continue playing until all students win "MyPyramid Power".



Dear Parent/Guardian,

Many of us grew up thinking that snacking was unhealthy. Now we know that snacking is a great way to get some of those nutrients our bodies need. Children especially need snacks because they can't eat enough food at meals - they get hungry before the next meal arrives! Just remember to provide snacks for yourself and your family from the Five Food Groups of MyPyramid.



Your child has created an after-school snack that includes 3 of the Five Food Groups. Try it out! With your child, brainstorm other "nutritious nibbles" your family may enjoy. Some ideas are provided above.

Visit the Washington State Dairy Council website

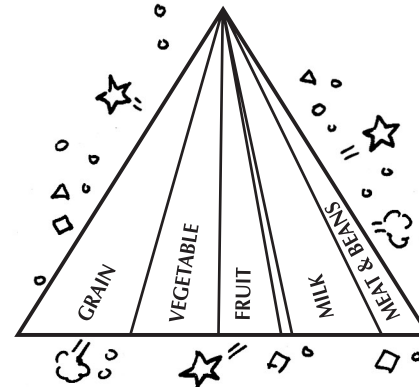
www.eatsmart.org

to order THE FIVE FOOD GROUP STICKERS or other nutrition education materials.

The Snacking Solution

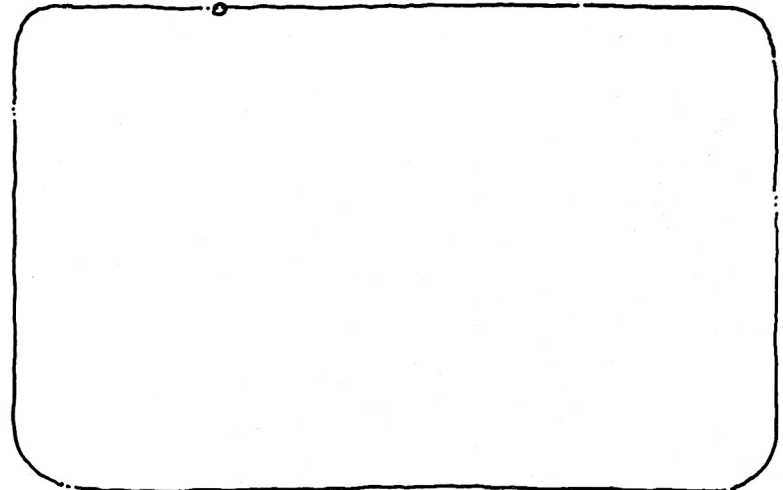
name _____

Almost everybody snacks! In fact, snacking is a good way to get the nutrients your body needs to grow and stay healthy. One way to keep your "nibbles" nutritious is to choose foods from **MyPyramid!**



Your challenge is to create a "SNACKING SOLUTION" that includes 3 foods from the Five Food Groups. Then:

1. Draw a picture of your snack.
2. Name it.
3. Write an advertising slogan that will sell it to your friends.



Snack Name: _____

Slogan: _____