

MyPyramid Activity

Have participants take five nutrition food cards with different foods on each card. Go around the circle and have each person identify whether his/her card is a fruit, vegetable, bread, grain, meat, dairy product, or fat. Place that nutrition food card in the corresponding folder/envelope.

Ask if the food is a healthy choice.

Also, ask each person whether he/she likes that particular item of food.

Nutrition Cards:

Note: You can make your own nutrition cards.

1. You may include participants in the process of making the nutrition cards
2. Collect old food magazines or advertisements from grocery stores. Cut out foods from the different food groups. Glue to index cards. (You will also use these cards in another activity)
3. Sort foods – Put pictures of each of the foods in folders/envelopes.
 - Fats, Oils, and Sweets
 - Milk and Dairy Group
 - Meat and Beans Group
 - Fruit Group
 - Vegetable Group
 - Grain Group