

# Find My Food Group!

**AN EXCELLENT CLASS EXERCISE THAT SHOWS STUDENTS HOW TO SNACK SMART!**

## You Will Need:

- Colored Index Cards (5 colors - 1 for each food group)

**Orange = Grains      Green = Vegetables**

**Red = Fruits          Blue = Milk & Dairy**

**Purple = Meat & Beans**

- A color print out or drawing of MyPyramid\*

- Tape, magnets, velcro or push pins to attach smart snacks to their food groups

\*Visit [www.mypyramid.gov](http://www.mypyramid.gov) for a free, color poster

## How to Play:

- Give each student an index card. Ask each student to draw a picture and/or write the name of a healthy snack that falls into the food group that matches their color.

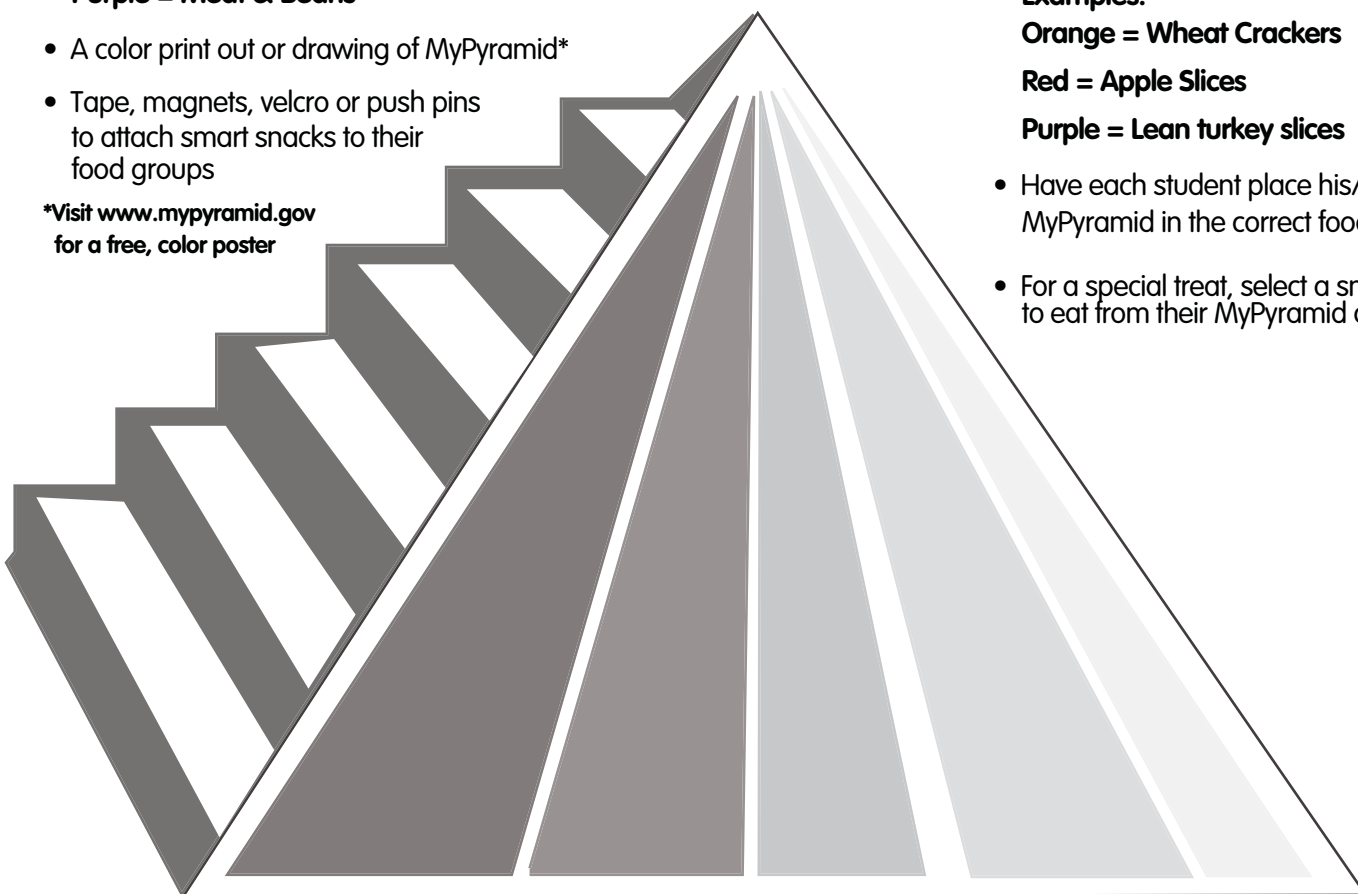
### Examples:

**Orange = Wheat Crackers      Green = Carrots**

**Red = Apple Slices              Blue = Yogurt**

**Purple = Lean turkey slices**

- Have each student place his/her snack on MyPyramid in the correct food group category.
- For a special treat, select a snack for the class to eat from their MyPyramid choices.



<b>Grains</b> Make half your grains whole	<b>Vegetables</b> Vary your veggies	<b>Fruits</b> Focus on fruits	<b>Milk</b> Get your calcium-rich foods	<b>Meat &amp; Beans</b> Go lean with protein
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**Oils** Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oils.

★ Find your balance between food and fun!

★ Fats and sugars - know your limits!

## Keep the Fun Going:

- Each week for 5 weeks, have the class add more Snack Smart cards to MyPyramid until it is completely covered.
- Be sure to rotate the colors of the index cards so students can add a healthy snack card to each food group.

## WORK IT OUT! Incorporate fun exercise into this smart snacking activity!

- In addition to a weekly Smart Snack Card, ask students to draw and/or write the name of their favorite physical game or sport.
- Ask 1 child to demonstrate the sport to his/her class each week so everyone gets to learn a new game.

### Easy Exercise Examples:

- 5 fun karate moves
- A new dance routine
- Jump rope tricks
- Juggling
- Hopscotch