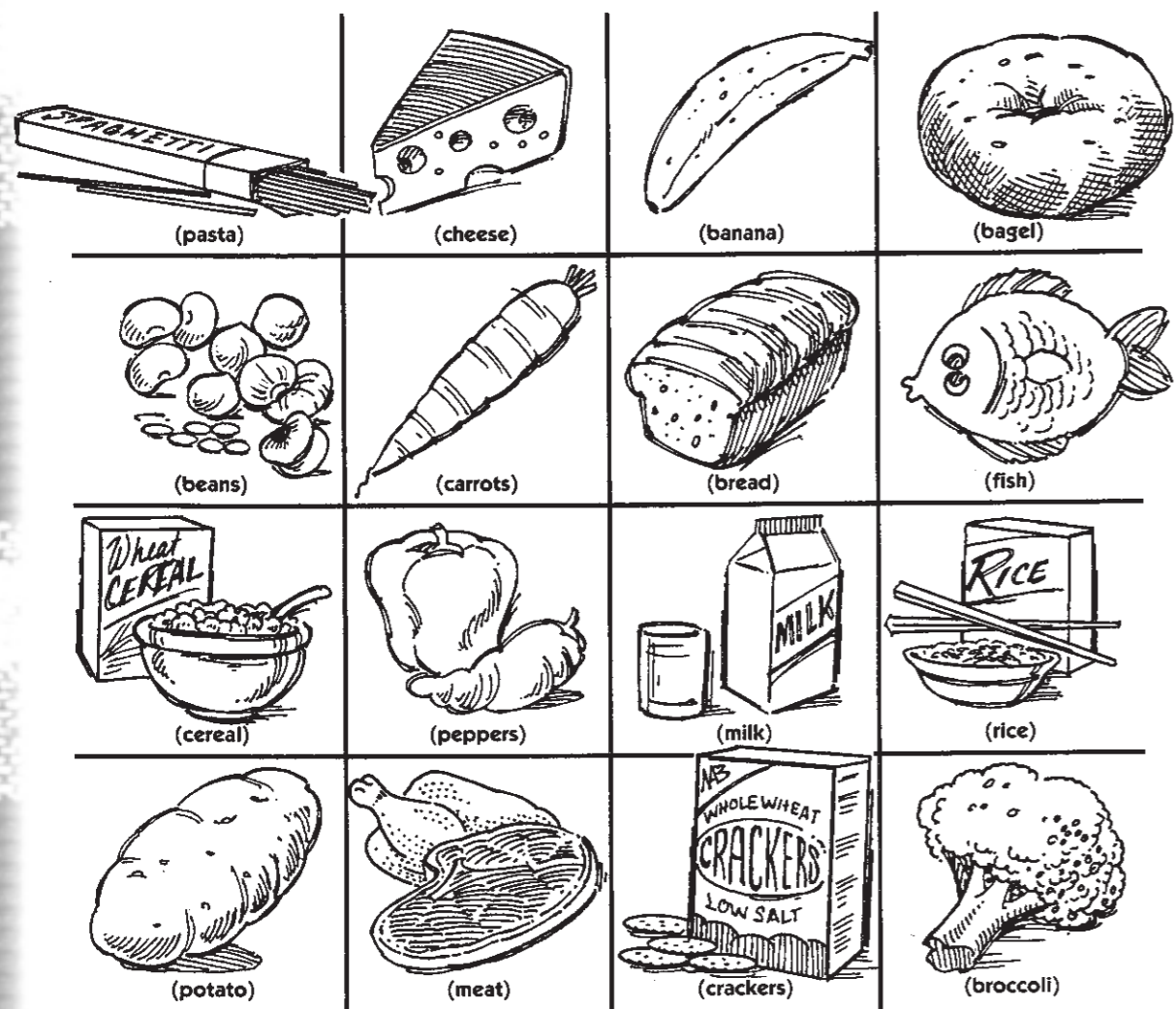


Play Pyramid BINGO in the store.

Place an X over the picture when you find the item in the store.

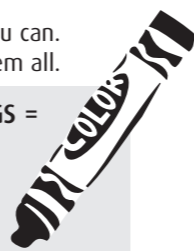


2-3 YEAR OLDS: Try to find as many items as you can.

4-6 YEAR OLDS: Try to find all of the items in a diagonal, row or column or try to find them all.

WHEN YOU GET HOME:
Color
THE SQUARES ACCORDING TO THE FOOD GROUP:

MEAT, POULTRY, FISH, DRY BEANS, EGGS = **YELLOW**
MILK, CHEESE, YOGURT = **BLUE**
VEGETABLES = **GREEN**
FRUIT = **RED**
BREAD, CEREAL, RICE, PASTA = **ORANGE**



BOOKLIST

Look for books in your local library about food and eating such as "The Very Hungry Caterpillar" by Eric Carle, "Cloud With a Chance of Meatballs" by Judith Barrett.

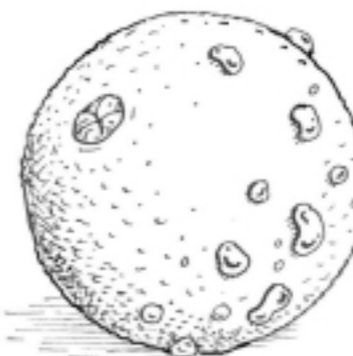


ACTIVITIES ON THIS SIDE RECOMMENDED FOR KIDS AGES 2-6



Kids Kitchen

RECIPE



RANGE FIZZ

This is a yummy alternative to soda and supplies VITAMIN C and CALCIUM.

ADULT: Measure orange juice and seltzer into measuring cups.

ADULT AND CHILD: Pour OJ and seltzer into pitcher and stir.

CHILD: Add fruit for decoration and eating.



Makes 4 (6 fl oz) servings

You'll Need

2 cups calcium fortified orange juice
1 cup lemon-lime seltzer
Fresh or frozen berries or cut up fruit



Parent Tips:

Food Pyramid for Young Children

To help make the pyramid more usable for children, the United States Department of Agriculture developed the Food Guide Pyramid for Young Children (ages 2-6). The pyramid shows the number of serving sizes for each of the food groups and shows examples of kid friendly foods from each group. (See picture on other side.)

The Food Pyramid for young children also emphasizes physical activity. Just like children need food from each group daily, they also need physical activity daily. Try to limit the time that your child spends watching TV or on the computer to the 2 hours or less recommended by the American Academy of Pediatrics.

Use the food pyramid as a guide for food choices. If you follow the pyramid, you and your children will end up eating a variety of foods. Aim to have different foods in your diet. While young children often do not want to try new foods, keep introducing them. Remember that it can take 3-4 times seeing a new food before a child will try it.

Encourage older children to try new foods, too. Help them pick out a new fruit, vegetable, or grain at the store and then let them help prepare the food. Make cooking a family activity.

WHAT COUNTS AS ONE SERVING?

GRAIN GROUP

1 slice of bread
1/2 cup of cooked rice or pasta
1/2 cup of cooked cereal
1 ounce of ready-to-eat cereal

VEGETABLE GROUP

1/2 cup of chopped raw or cooked vegetables
1 cup of raw leafy vegetables

FRUIT GROUP

1 piece of fruit or melon wedge
3/4 cup of juice
1/2 cup of canned fruit
1/4 cup of dried fruit

MILK GROUP

1 cup of milk or yogurt
2 ounces of cheese

MEAT GROUP

2 to 3 ounces of cooked lean meat, poultry, or fish
1/2 cup of cooked dry beans, or
1 egg counts as 1 ounce of lean meat
2 tablespoons of peanut butter count as 1 ounce of meat.

FATS AND SWEETS

Limit calories from these.

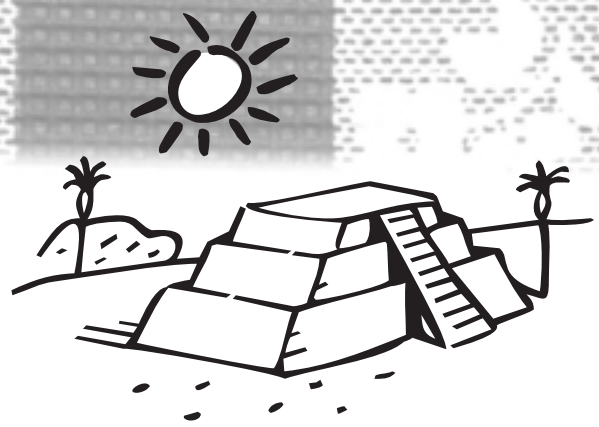
Four- to 6-years-olds can eat these serving sizes.

Offer 2- to 3-year-olds less, except for milk. Two- to 6-years-old children need a total of 2 servings from the milk group each day.

This activity developed
by Giant/Super G
& printed by:

MinuteMaid

healthy ideas
NOURISHING BODY & MIND
Kids
SEPTEMBER 2001

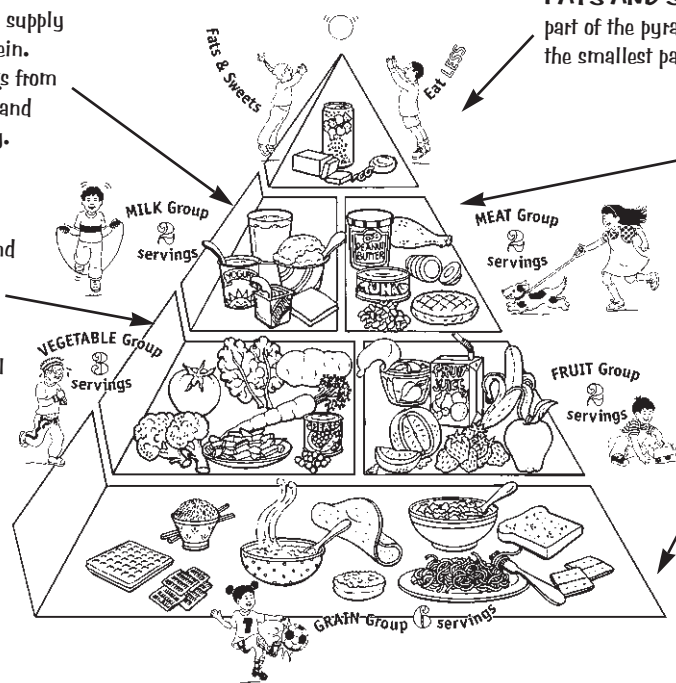


Pyramid Pointers

Remember the pyramid when you are making food choices. The pyramid would not be complete if one or more of its parts were missing. The same is true for your diet, it is not complete if you are not choosing foods from all the groups in the pyramid. Follow the pyramid shape to find out how much you need from each group.

DAIRY products supply calcium and protein. Choose 3 servings from the milk, yogurt and dairy group a day.

VEGETABLES and FRUITS contain vitamins, minerals, carbohydrates and fiber. Make it a goal to eat at least 3 vegetables and 2 fruits every day for a total of 5 A Day.



FATS AND SWEETS are the smallest part of the pyramid. They should also be the smallest part of your diet.

MEAT, EGGS, FISH, NUTS and BEANS supply protein. Choose 2-3 servings from the meat, beans, eggs and nuts groups.

GRAIN foods like cereal, rice, and bread give you carbohydrates and sometimes fiber. Grains are the biggest part of the pyramid. They should form the biggest part of your diet too. Aim for 6-9 servings of whole grains a day.

HOW MUCH IS A SERVING? SEE THE CHART ON THE OTHER SIDE.

? DID YOU KNOW...

- The pyramids of Egypt are the oldest stone buildings in the world.
- The average pyramid weighs 5,400,000 tons!
- Pyramids have four sides and a square base.



ACTIVITIES ON THIS SIDE RECOMMENDED FOR KIDS AGES 7-10

FOOD GROUP UNSCRAMBLE

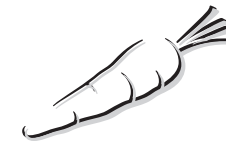


Unscramble the food groups below and use the numbered letters as your guide to fill in the answer to the puzzle below.

RADY _____ ETAM _____
6 8 3



AFTS & TEWESS _____ & _____
4 2



LATVEEGBE _____
1



NARIG _____ RITUF _____
5 7



Answers: Dairy, Meat, Fats and Sweets, Vegetable, Grain, Fruit

To make healthy food choices, follow this rule:

1 2 3 3 2 8 4 5 6
G O R C H O C S
7 5 6 2 8 7 5 2

Answer: Let the pyramid guide your choices.

PYRAMID CHALLENGE

Do you ever wonder if you are eating the pyramid way? For fun, keep track of how many servings from each food group you eat during the day. Give yourself one point for each serving. At the end of the day, add up how many servings from each group you ate. Compare your answers to the guidelines. The highest possible score is 17. How did you do? Get your family and friends to join in and see who can get the highest score.

For serving sizes, see the serving sizes for the Food Guide Pyramid for young children on the other side. These work for older children and adults too.

SCORE	
MEAT (3)	_____
MILK (3)	_____
VEGETABLE (3)	_____
FRUIT (2)	_____
GRAIN (6)	_____
TOTAL	_____

