

Food Pyramid

Supplies: poster board, marker, food magazines, scissors, glue

Before hand: Draw the outline of the food pyramid on a poster board. Label the different food groups and their serving suggestions.

Fats and Oils: use sparingly

Dairy: 2-3 servings

Meats: 2-3 servings

Fruits: 2-4 servings

Vegetables: 3-5 servings

Grains: 6 servings

Have the kids divide into groups and cut out pictures from magazines of their assigned food group and then paste them on the poster board. Discuss what pictures they found and how many servings they should get from each food group.