

HANDOUT:

Pyramid Picks Game Sheet

Work with your team to identify one food from each of the five food groups that begins with the chosen letter. For example, if the chosen letter is “S,” you may brainstorm *scones* (grain group), *squash* (vegetable group), *strawberries* (fruit group), *steak* (meat and beans group) and *Swiss cheese* (milk group). Be as creative as possible when brainstorming food names.

Pyramid Picks Round 1: Letter

Grain Group Food	
Vegetable Group Food	
Fruit Group Food	
Milk Group Food	
Meat & Beans Group Food	

Pyramid Picks Round 2: Letter

Grain Group Food	
Vegetable Group Food	
Fruit Group Food	
Milk Group Food	
Meat & Beans Group Food	

Pyramid Picks Round 3: Letter

Grain Group Food	
Vegetable Group Food	
Fruit Group Food	
Milk Group Food	
Meat & Beans Group Food	