

HANDOUT:

Food Group Names

Copy this handout, then cut apart the squares. Place the squares in a bag or small box and have each child pick a square. (Note: You can use this handout to help form teams for this “Pyramid-Powered Snacks” activity and for other activities.)

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|---------------|-------------------|---------------|-------------|-------------------------|
| Grains | Vegetables | Fruits | Milk | Meat & Beans |
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