

**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	



Funded in part by USDA SNAP.

Running out of money for food? Contact your local food stamp office or go online to [dss.mo.gov/fspd/istamp](http://dss.mo.gov/fspd/istamp). For more information call MU Extension's Show-Me Nutrition line at 1-888-515-0016.

**Kangaroo Jump 1: Pyramids for Health - 31**

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