

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.)

Grains	Vegetables	Fruits	Milk	Meat & Beans
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**Family Nutrition
Education Programs**

Nutrition and life skills for Missouri families

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/fst/ fstamp. For more information call MU Extension's Show-Me Nutrition line at 1-888-515-0016.

Kangaroo Jump 6: On the Go - 109

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