

## JUMP INTO FOODS:

# Pyramid Picks

### Objective:

The children will identify a variety of foods from each food group that begin with the same letter of the alphabet.

### Learning & Life Skills:

- Using knowledge
- Developing teamwork

### Materials:

- "Pyramid Picks Game Sheet" handout (one per team)
- Pencils or pens (one per team)
- Index cards
- Hat, bag or other open-topped container
- MyPyramid for Kids poster or handout (See Helpful Resources section)
- Newsprint or other large paper (optional)
- Markers (optional)
- Masking tape (optional)

### Time:

20 minutes

### Procedure:

#### Before the meeting:

1. Display the MyPyramid for Kids poster or handout in your meeting space where everyone can see it.
2. Write one letter of the alphabet on each index card. Place the alphabet cards into the hat or bag. You may want to omit the letters "q," "u" and "z" because there aren't many foods that start with those letters in English.
3. Make one copy of the "Pyramid Picks Game Sheet" handout for each team.

#### During the meeting:

1. Direct the children's attention to the MyPyramid for Kids poster or handout. Starting from the base, briefly explain the food groups and the types of foods in the groups. Using the "Nutrition Background Basics" on page 25, explain that:
  - Similar foods are grouped together like a family on MyPyramid because of how they help our bodies.
  - The different size stripes on MyPyramid for Kids remind us to choose more foods from the groups with the widest stripes.
  - We should limit the consumption of foods that are not in one of the five food groups such as soda pop and candy.
  - We should eat foods from all of the major food groups to get the nutrients we need to grow, play and be strong.
  - Each food group works to keep us healthy in different ways:
    - Grains give us energy to run, jump and play.
    - Fruits and vegetables supply vitamins and minerals to keep us healthy.
    - Milk keeps our bones and teeth healthy and strong.
    - Meat and beans give us protein to keep us strong.
2. Highlight a few foods found in each food group. Tell the kids they're going to play "Pyramid Picks" to name foods that are found in each of the food groups.
3. Divide the group into three- or four-person teams. Have the teams choose food names (such as "The Bananas," "The Noodles" or "The Peanut Chews") for their teams.
4. Give each team one copy of the "Pyramid Picks Game Sheet" and a pencil or pen.
5. Ask for a volunteer to draw a letter from the hat. Start the game with this letter. Explain that the teams will have 5 minutes to brainstorm a

food item from each of the food groups that begins with the letter that was drawn from the hat. For example, if the chosen letter is “S,” a team may brainstorm *scones* (grain group), *squash* (vegetable group), *strawberries* (fruit group), *steak* (meat and beans group) and *Swiss cheese* (milk group). Encourage participants to be as creative as possible when identifying foods. Before they begin, go over the rules for brainstorming with the group.

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### **Volunteer Note:**

Have your kids follow these rules as they do their brainstorming:

Rule 1: Do not judge ideas!

Rule 2: It’s okay to be far-out!

Rule 3: Think of as many ideas as you can.

Rule 4: Piggyback on someone else’s ideas.

You may want to write these rules on a sheet of newsprint and display it where all the kids can see it.

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6. After the first round of play, review as a large group each team’s answers, then choose another letter and continue play.

### **Try This, Yoo!**

To encourage creative, unique responses, add the different responses from all of the groups to arrive at a grand total. Come up with a target number that the total group can work toward.

**(Volunteer Note:** Competition within a group can be discouraging to many kids. Instead, we want to foster collaboration and creativity. One fun and motivating way to stimulate the kids’ creativity and to encourage group cohesion is to create a phantom group against which the kids can compete. For example, you could tell your group: “I’ve thought of eight foods. Can you do better than I did?”)

### **Talking It Over:**

Ask the group the following questions:

#### **Share It:**

What new foods did you learn about today?

#### **Process It:**

How did using specific letters help you to identify food names?

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* (protein/meat and beans group) and *Swiss cheese* (milk/dairy 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/Dairy Group Food	
Protein/Meat & Beans Group Food	

**Pyramid Picks Round 2: Letter**

Grain Group Food	
Vegetable Group Food	
Fruit Group Food	
Milk/Dairy Group Food	
Protein/Meat & Beans Group Food	

**Pyramid Picks Round 3: Letter**

Grain Group Food	
Vegetable Group Food	
Fruit Group Food	
Milk/Dairy Group Food	
Protein/Meat & Beans Group Food	