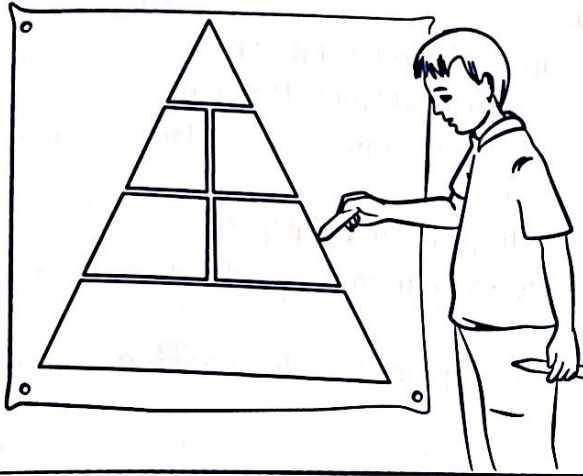


Pyramid Puzzle



ADULT PREPARATION:

1. Make two copies of the Food Guide Pyramid pattern.
2. Color the pyramids' triangles from left to right with the following pattern:
 - a. Orange—grains
 - b. Green—vegetables
 - c. Red—fruits
 - d. Yellow—fats and oils
 - e. Blue—milk and dairy products
 - f. Purple—meat, beans, fish, and nuts
3. Glue one pyramid to construction paper with rubber cement.
4. Cut the other pyramid into sections.
5. Cut small food pictures out of magazines or advertisements and place in a bowl.

AGES: 3-5

GROUP SIZE:

3-6 children

DEVELOPMENTAL GOALS:

- ✂ To recognize types of healthy food
- ✂ To develop fine motor skills

LEARNING OBJECTIVE:

Using the Food Guide Pyramid pattern and small pictures of food, the child will put a puzzle together.

MATERIALS:

Food Guide Pyramid pattern (Appendix A23)
 Copy paper
 Orange, green, red, yellow, blue, and purple crayons or markers
 Rubber cement
 Construction paper
 Scissors
 Magazines or advertisements with small pictures of food
 Bowl
 Glue

continued

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