

Create Your Own Snacks

Activity 3

Have participants create snacks using foods from MyPyramid. For example, fresh or frozen fruits + yogurt = smoothie.

Create your own snacks.

_____ + _____ = _____

_____ + _____ = _____

_____ + _____ = _____

TRY TO INCLUDE AT LEAST TWO DIFFERENT FOOD GROUPS.

MyPyramid Food Guide

- Dairy Group
- Meat Group
- Vegetable Group
- Fruit Group
- Grain Group

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