

Activity: Mmm Mmm Montana Pyramid Adventure



Gather five students, and let's have an adventure!

Materials:

- 5 paper bags filled with 5 different Montana-made food items. Make sure these are packaged items or that fresh produce is wrapped in plastic wrap to maintain good food safety practices.
- Masking Tape
- Stopwatch
- Paper for score-keeping

How to Play:

- 1) Find one volunteer to be the timer.
- 2) Each player gets a closed-up bag of food items. Don't open it until it is your turn to play!
- 3) Using the masking tape, make a large representation of the MyPyramid shape, with all of its sections, on a large table.
- 4) When the timer says GO!, one player at a time opens his/her bag of food and places each item in the proper section of the food pyramid. The timer writes down the times of each player and the fastest Pyramid Placer wins!! What do you win? Well, you get to choose one of the food items from the pyramid!
- 5) If foods that are not from one of the five food groups are in your bag (like chocolates, jams and jellies), then discuss how they are considered "extra foods" and should just be eaten in small amounts and in moderation.
- 6) Ideas for items could be: beef jerky, cheese, bagel, granola, or other grains; fresh fruit or vegetable; cheese, chocolate, jams or jellies.

