



SUPPLIES & HANDOUT LIST for My Pyramid (Nutrition for K-2)

Handouts:

- My Pyramid Coloring Handout
- Song Lyrics
- Evaluation Questions (optional)

Other Tools:

- My Pyramid Poster (in color)
- Crayons

Food Items for Munchy Mix

(mix the following proportionately)

- Cereal (shredded wheat or bran type cereal)
- raisins
- soy nuts
- peanuts (careful of peanut allergies)

Other food supplies

- small plastic bags
- water
- cups