

Suggested Activities in Classroom before or after going on Grocery Store Tour

1. In computer lab or classroom: go to www.mypyramid.gov
 - Select *MyPyramid Plan* to:
 - figure out how many cups of fruits and vegetables are recommended based on age and activity level
 - Print a tracker based on your plan
 - Select *For Kids* to:
 - Play the MyPyramid Blast Off Game
 - Print the MyPyramid Worksheet

Students can complete the worksheet for a day or a number of days.

2. Go to www.fruitsandveggiesmatter.gov
 - Select *What counts as a cup* to help design a day's intake of fruits and veggies
3. Go to www.fruitsandveggiesmorematters.org, link to kids website for:
 - activity sheets and coloring sheets
 - printable calendar and stickers
 - tracking and shopping planner