

# MyPyramid Food Relay Instructions

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## Directions for the Pyramid Curtain:

1. Purchase a clear shower curtain
2. Tape the curtain to the wall
3. Use a projector and blow the pyramid up on the wall
4. Trace the pyramid off onto the shower curtain with a black permanent marker
5. Color the pyramid with the different colors using permanent markers ( I purchased my markers from Quill)

## Directions for the Pyramid Relay game:

1. Place the curtain on the floor
2. Put the children in rows by their class
3. Give each child a food model (I use the paper food models that I laminated so that each student's food card is the same size and shape)
4. The students will place their food picture in the proper food group, then go to the back of the line and the next student will go
5. The first class to finish with their pictures is the winner