

3D Food Pyramids Craft (and snack!)

Target age group: grades 2-8

Materials needed: scissors, white glue, photocopies of pattern page onto heavyweight card stock paper, and your choice of “snack bits” such as raisins, nuts, cereal pieces, etc.

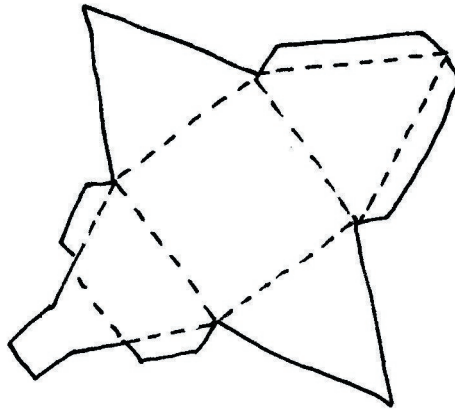
Time allowance: about 15 minutes (not including any discussion time, which could be considerable)

Directions:

Cut out the pyramid, fold as indicated by dashed lines in drawing.

Use white glue to secure tabs, creating a pyramid shape.

The flap where the apple is forms a little “door” that you can open or shut to put in or take out snack bits. (Use the photo on the title page as a guide for how the flap opens and closes. You just sort of tuck it in.)



After the pyramid is dry, fill it with your favorite healthy snack bits.

NOTE: You may want to do some more research (Google should pop up more info) on these different approaches to nutrition before you do this craft with your students.

FOOT NOTE: Jan Medill (mentioned on the pyramid) is a friend of mine who has a Masters and a PhD in nutrition, and teaches at Penn State University.



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