

Discuss It: Eat Your Way to the Top

To help people learn how to eat well, scientists have created a chart called the food pyramid. To help kids learn how to eat well we have turned the food pyramid into a game. Download a *Food Pyramid Game* from iMOM.com's Training Tool section for yourself. You will begin to understand healthy ways to eat by answering the questions below. Then continue by playing the game today and every day.

Food Survey:

- How many vegetables did you eat yesterday? _____
 - How many fruits did you eat yesterday? _____
 - How many things did you eat or drink yesterday that are NOT on the pyramid, such as candy and soda? _____
 - How often did you exercise this week, and for how long each time? _____
 - Looking at the *Eat Your Way to the Top Game*, how far up the pyramid did you get yesterday? _____
-

Moms:

Two foods I should eat **less** of are _____ and _____.

Kids:

Two foods I should eat **more** of are _____ and _____.

Together:

What kind of exercise could we do together? _____

Together:

What would be a fun reward for doing the Food Pyramid game for a month? _____.

