*Pyramid*   *Puzzler*   *&*   *Pyramid*   *Races*

Pyramid Puzzler health: food pyramid

I use this as a set for nutrition games. Give each student

a puzzle piece and ask them to move around the play area. They

exchange their puzzle piece with another person and say

"thank you." You may not refuse a polite trade. Continue trading

with as many children as possible. After each trade, the student

chooses a new locomotor skill to complete a "mini lap" before their

next trade.

Pyramid Races health: food pyramid

Using the pyramid puzzle pieces, the students are to build

their puzzle. I usually give the hint, " it has something to do

with food." Once the students have built the puzzle, have races

to see which group can make the pyramid first. Start with puzzle

pieces upside down, mixed up and in a pile. Next, have all

children sit with 2 hands on head. On command all work in mini

teams (3-5) to build as quickly as possible. They may use only

1 hand and touch 1 piece at a time. Sit when done.

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