



Program Of
MONTANA'S
BIG SKY
STATE GAMES

Presenting Sponsor



Week 6 Mar. 9-13

Breakfast Makes a Difference

DID YOU KNOW?

There Is A New Food Pyramid To Help You Be Healthy?

- *Log onto <http://mypyramid.gov/kids/index.html> for fun games, tips, coloring pages and activities to learn how to Eat Smart and Play Hard.
- *The new pyramid reminds kids to:
 - *Eat whole grains every day,
 - *Enjoy a variety of fruits and vegetables,
 - *Include meat or beans, and lean proteins in each meal,
 - *Select plenty of calcium rich food/drink every day and
 - *Limit high sugar or high fat foods to sometimes foods,
 - *And to have fun at play: Walk, run, dance, bike, skate, ski or swim! Choose what you like to do and get active every day!

Go the following link and play the Blast Off Nutrition Game:

http://mypyramid.gov/kids/kids_game.html

Developed by:
Hilary LaFoley, RD,
Katie Bark, RD, LN
Montana Team Nutrition Program, MSU