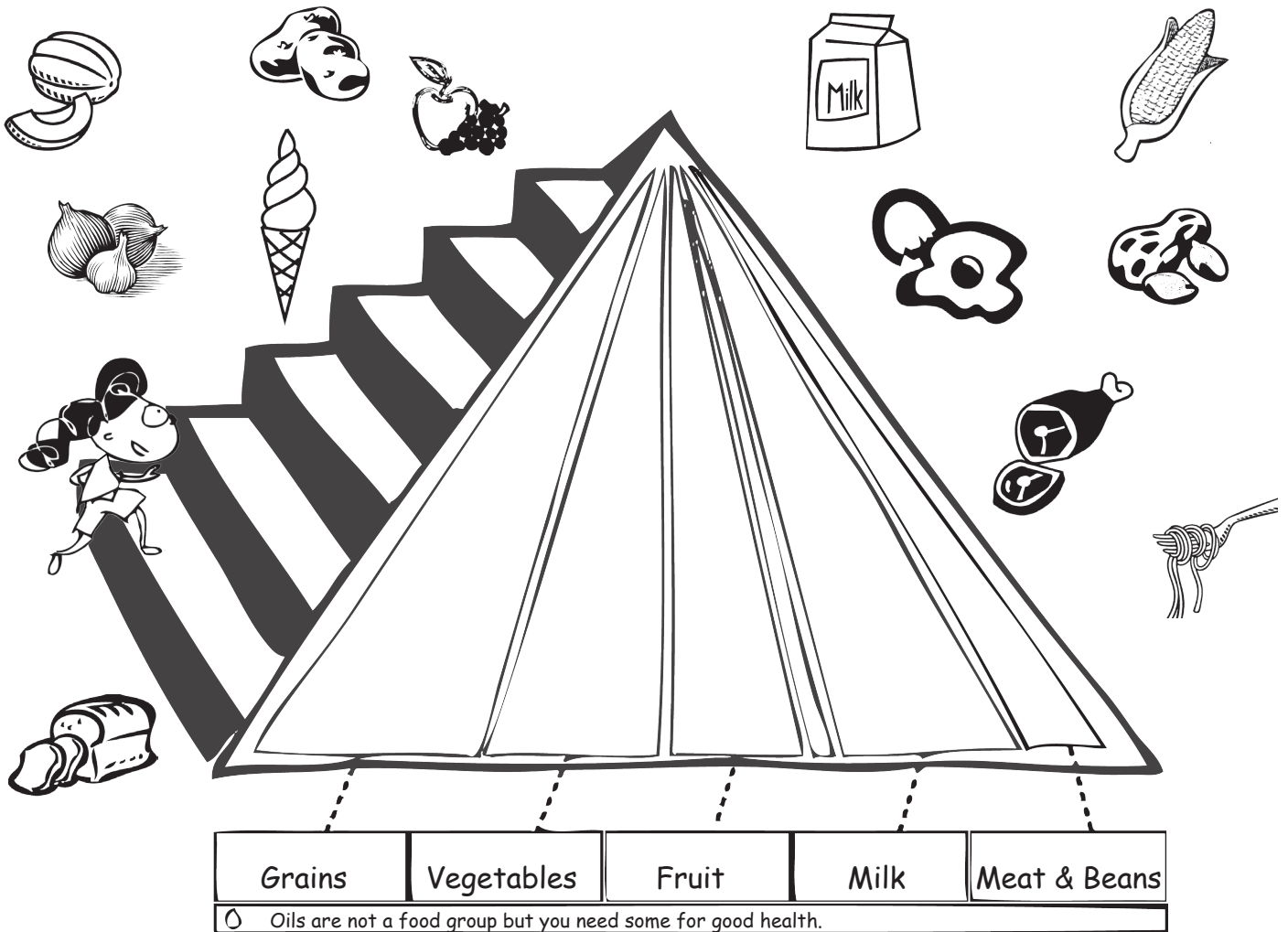


Making the Connection

Finding your right balance between food and physical activity is an important step toward good health. Using MyPyramid can help you reach that goal.

Draw a line from each item to the corresponding area in the pyramid to which it belongs. Then answer the questions below using the chart of Nevada's agricultural products and commodities. Upper elementary students can write the names of the products in the food group sections.



1. Which county produces items from all of the five food groups?
2. Which counties produce items from four of the five food groups?

Source: USDA Center for Nutrition Policy and Promotion: www.mypyramid.gov



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 Available on the Nevada Ag in the Classroom Web site:
www.nvaitc.org or NRCS: www.nv.nrcs.usda.gov.
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