Pyramid Go Fish Instructions

Getting Ready
Print copies of the Pyramid Go Fish food cards. At least two sets of cards are needed for a class of 25 students; one set is adequate for a class of 10 – 12 students. Cut out the cards along the dotted lines. To make the cards sturdier, print onto card stock, laminate the cards, or paste the printed cards onto index cards or playing cards.

Playing Pyramid Go Fish
● Divide the students into groups of four.

● Give each group 30 cards.

● The dealer shuffles the cards and deals out four cards to each student, and places the rest in the middle.

● The first student (let’s call him Michael) asks the student sitting to his left, “Kayla, do you have a fruit?” If Kayla has a fruit she says, “Yes, I do,” and hands it to Michael, who then places his pair on the table. Michael is then able to ask the next student a question.

● If Kayla doesn’t have a fruit, she replies, “No I don’t have a fruit. Go fish,” and Michael can take a card from the pile in the middle. It is then Kayla’s turn to ask the student on her left for a card. The students continue to ask questions and match cards until all the pairs are found.

● The student with the most pairs wins.
Grains
Bagel

Fruits
Baked Apple

Meat & Beans
Baked Beans

Vegetables
Baked Potato

Fruits

Fruits

Banana
Apple

Meat & Beans
Beef Jerky

Grains
Biscuit
Meat & Beans: Black Bean Soup
Fruits: Blueberries
Vegetables: Broccoli
Grains: Brown Rice

Grains: Brownie
Fruits: Pears
Fruits: Pineapple
Fruits: Cantaloupe
Grains

Cereal

Vegetables

Chef Salad

Vegetables

Cherry Tomatoes

Grains

Chex Mix

Grains

Wild Rice

Milk

Yogurt

Grains

Chocolate Chip Muffin

Milk

Chocolate Pudding
Grains

- English Muffin

Vegetables

- French Fries

Meat & Beans

- Fried Chicken

Fruits

- Fried Plantains

Fruits

- Applesauce

Fruit Salad

- Frozen Fruit

- Juice Bar

- Frozen Yogurt
Vegetables
Green Peas
Meat & Beans
Grilled Chicken
Meat & Beans
Grilled Fish
Meat & Beans
Ham
Grains
Grits
Fruits
Honeydew
Milk
Ice Cream
Fruits
Kiwi
Milk

Cottage Cheese

Mango

Mashed Sweet Potatoes

2% Milk

Milk

Chocolate Fat Free Milk

2% Milk

Fat Free Milk

Fat Free Milk
Grains: Pretzels
Fruits: Raisins, Red Grapes
Vegetables: Red & Green Pepper Slices
Meat & Beans: Salmon, Sausage Links, Scrambled Eggs
Side Salad
Grains: Soft Pretzel
Vegetables: Spinach Salad
Meat & Beans: Steak
Vegetables: Steak Fries

Fruits: Strawberries
Milk: String Cheese
Vegetables: Summer Squash
Vegetables: Baked Sweet Potato
<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Vegetables</th>
<th>Vegetables</th>
<th>Grains</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tater Tots</td>
<td>Tomato Juice</td>
<td>Tomato Soup</td>
<td>Tortilla Chips</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Meat &amp; Beans</td>
<td>Milk</td>
<td>Vegetables</td>
</tr>
<tr>
<td>Tossed Salad</td>
<td>Trail Mix</td>
<td>Vanilla Pudding</td>
<td>Vegetable Soup</td>
</tr>
</tbody>
</table>
Grains

Waffles

Fruits

Watermelon

Grains

Whole Wheat Bagel

Grains

Whole Wheat Crackers

USDA, Food and Nutrition Service          2005
teamnutrition.usda.gov