



Lets have some FUN! I have selected 5 stops on the Manchester College campus, a map has been provided. In order to get to each location you, as a group, must solve each riddle at the stops.

When the riddle has been solved, you will receive a piece of the "My Pyramid", and may continue on your adventure! Work together and have FUN!!!

1.) I am \_\_\_\_\_.

Name one that you ate yesterday or this morning:

\_\_\_\_\_

**\*Skip to the next location**

2.) I am \_\_\_\_\_.

Name 3 of these:

\_\_\_\_\_

**\*Gallop to the next location.**

3.) I am \_\_\_\_\_.

Name your favorite one: \_\_\_\_\_

**\*Walk to the next location**

4.) I am \_\_\_\_\_.

Give an example of these: \_\_\_\_\_

**\*Slide to the next location**

5.) I am \_\_\_\_\_.

How many glasses do you have in one day? \_\_\_\_\_

**\*Jog to the next location**

5.) I am \_\_\_\_\_.

What belongs in this group that squirrels are often found eating?

\_\_\_\_\_

1.) I am a seed from plants. Your body needs the fiber and nutrients found in me to stay healthy. (Hint: I am an essential part of a sandwich)

(Science Center)

2.) I am a plant with edible parts. You should eat 2 to 3 cups of me a day. I can be found in things such as salad.

(Fountain)

3.) I come from trees and vines. I am often called nature's candy. You should eat 1.5 to 2 cups of me a day.

(Apple Tree behind Schwalm)

4.) I am not really a food group, but I am essential for good health, but too much of me can make you overweight. I am found in many foods.

(In Front of Corridor)

5.) You can find vitamins and minerals in me that help build strong teeth and bones. You should have 2-3 cups of me a day. I often come from a cow.

(Front of Chapel)

6.) I am often the main course at meal time. You should have 4 to 6 ounces of me a day.

(Trees by Science Center)

## Standard 4 The Living Environment

*Students learn about an increasing variety of organisms – familiar, exotic, fossil, and microscopic. They use appropriate tools in identifying similarities and differences among them. They explore how organisms satisfy their needs in their environments.*

4.4.9 Explain that food provides energy and materials for growth and repair of body parts. Recognize that vitamins and minerals, present in small amounts in foods, are essential to keep everything working well. Further understand that as people grow up, the amounts and kinds of food and exercise needed by the body may change.

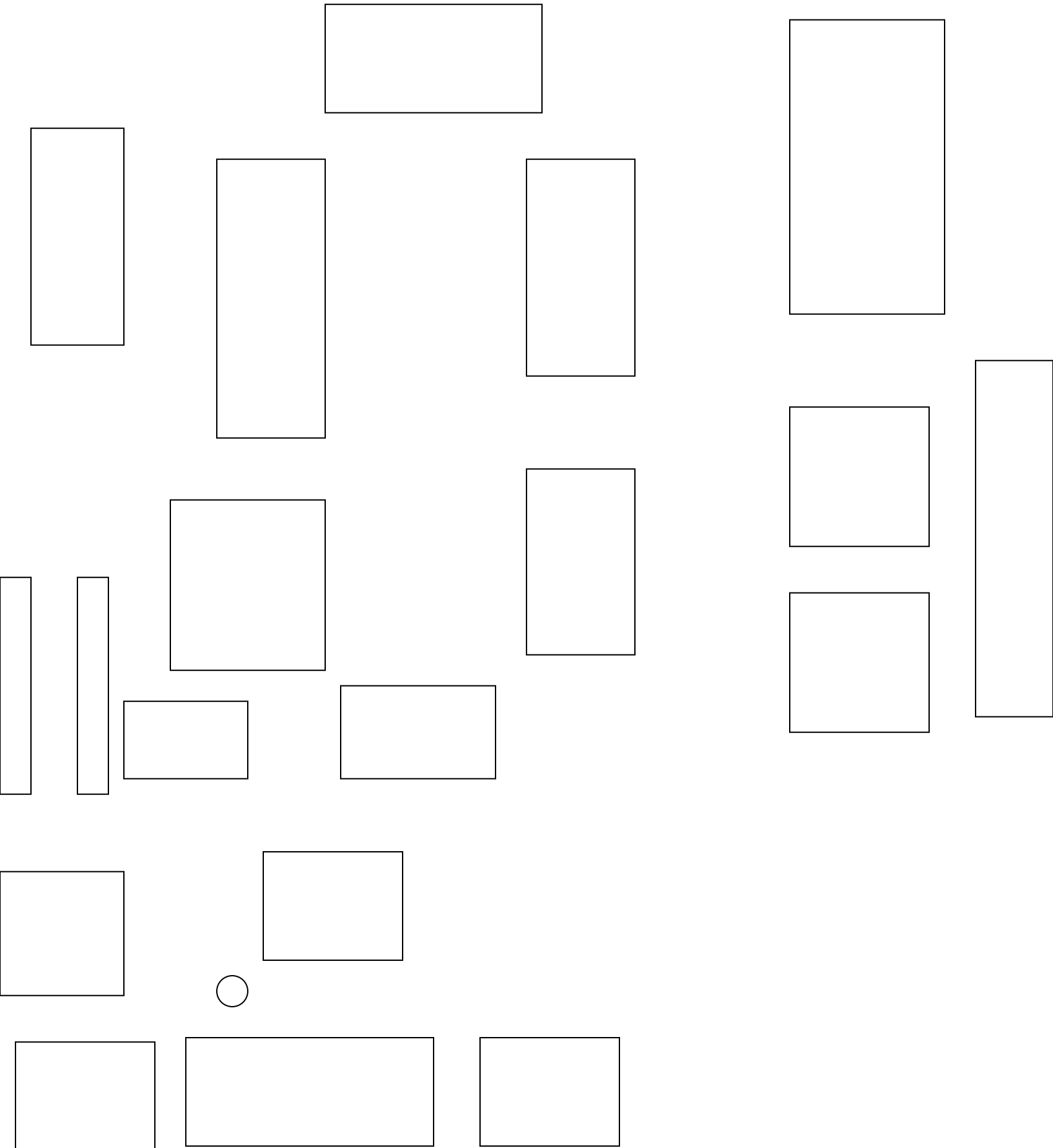
### Objectives:

Students will use a different locomotor skill to get to each location, at the location they will then have to solve a riddle pertaining to the importance of a food group. When they have correctly solved the riddle the instructor will read a page from “The Monster Health Book.” Students will then be given directions on how to get to the next location.

### Assessment:

The teacher will observe students throughout the trail and students will have to solve the food group riddles.

# Manchester College Campus Map



# My Pyramid

