



Mix and Match: Legumes and Grains Activity

# Mix and Match

**Purpose:** Increase awareness of the many combinations of plant products that make complete proteins.

## Supplies:

Graphics of grains and legumes, cut apart; one set per pair

Alternative: Rubber food models

## Directions:

Ask participants to work in pairs and match the cards to make as many pairs as possible.

## Discussion:

Ask:

- Which combinations do you now serve your families?
- What new combinations will you try?
- Are there any additional ideas?



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*Centsible Nutrition Program* University of Wyoming

Cooperative Extension Services, Family and Consumer Sciences

Dept 3354; 1000 E. University Ave.; Laramie, WY 82071

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