Nutrition BINGO Teacher Instructions

Activity Time: 30-40 minutes
Objective: for use as an introduction or follow-up after a nutrition unit.
Allow students time to color and cut out game pieces and arrange them on the playing board.

After game boards are arranged, read the definition, allowing students to identify the correct term and mark playing board. Enjoy!

Meats
this is part of the protein group. It includes chicken, beef and pork.

Potatoes
this is a starchy vegetable that farmers have to dig up to harvest.

Peppers
this vegetable can be either green, yellow, red, or orange. Some people use the word "bell" in front of its common name

Beans
this food fits in both the protein group and the vegetable group and is sometimes eaten in place of meat

Breads
this food is a member of the grains group. It can be either white and refined or brown and whole grain.

Cheese
this food is a member of the dairy group and can either be cut, shredded, sliced, or melted

Eggs
this food is a member of the protein group and comes from chickens

Butter
this food is high in fat. You should only eat a little of this.

Rice
this is a part of the grains group and is usually white or brown. Some cultures eat a lot of this.

Pasta
this is a part of the grains group and is often eaten with tomato sauce and sometimes even meatballs

Sweets and Sugary Drinks
these foods are high in sugar and fat and should be enjoyed only every once in a while

Milk
this food is a part of the dairy group and is good for your bones. You can drink this or add it to your cereal

Grapes
this is a member of the fruit group and is small and round. They can be green or red, or dried into raisins.

Apples
this is a member of the fruit group and comes in many different kinds. They are usually in season in the fall and can be made into juice or cider or other things.

Strawberries
this is a member of the fruit group and is red and has very small seeds on the outside.

Carrots
this food is a member of the vegetable group and is orange. It is pulled from the ground and is good for your eyes

Tomatoes
this food is usually red and can be put on salads, made into sauce for spaghetti, or other things

Cereal
this food is a part of the grains group and is usually eaten at breakfast with milk. It can be either hot or cold.

Celery
this is a member of the vegetable group, is green, and grows in stalks.

Fish
this is a member of the protein group and has to be caught in the sea or the lake.

Broccoli
this is a member of the vegetable group, is green, and looks kind of like miniature trees

Corn
this is a member of the vegetable group, is yellow, and can be eaten on or off the cob

Salad
this food is full of vegetables and can be a healthy way to eat the number of servings you need. Try adding other things like beans and fresh fruit made just a little bit of dressing.

My Plate
Free Space!