

FOOD

B I N G O



Introduction:

Thanks for checking out *fit*'s Food BINGO! This is a fun game to play with all kids in any setting.

Each download of Food BINGO includes two pages of callers and 25 BINGO cards. Each caller has a BINGO letter and a food listed. Take notice of the color of the food word. If the word is green, the food is a healthy choice—eat more! If the word is yellow, the food is an okay choice—eat some. If the word is red, there are healthier food choices—eat less.

Get Started:

1. Download and print the Food BINGO PDF.
2. Cut out the caller cards.
3. Laminate each caller card and BINGO card (optional).
4. Find any small objects to use as markers. Buttons, pennies, or even pebbles will work!
5. Pass out the BINGO cards, shuffle the caller cards, and get playing!



B



Candy

B



Hot Dog

B



Milk

B



Carrots

B



Chips

B



Bananas

B



Macarons

B



Garlic

B



Almonds

B



Fruit Bowl

B



Cheese Puffs

B



Lettuce

B



Mangos

I



Chili Pepper

I



Donut

I



Pears

I



Limes

I



Orange

I



Chocolate Chip Cookie

I



Ice Cream Bar

I



Sandwich Cookie

I



Radish

I



Mushroom

I



Plum

I



Celery

I



Trail Mix

N



Chicken

N



Cheeseburger & Fries

N



Salad

N



Squash

N



Chocolate Bar

N



Cherries

N



Cupcake

N



Apple

N



Snap Peas

N



Kiwi

N



Onion

N



Corn

G



Asparagus

G



Beets

G



Black Beans

G



Egg

G



Cucumber

G



Pickles

G



Grapes

G



Green Beans

G



Tomato

G



Potato

G



Yellow Pepper

G



Lemons

G



Cantaloupe

O



Peaches

O



Cheese

O



Watermelon

O



Strawberries

O



Avocado

O



Cabbage

O



Cracker

O



Blackberries

O



Eggplant

O



Pineapple

O



Red Pepper

O



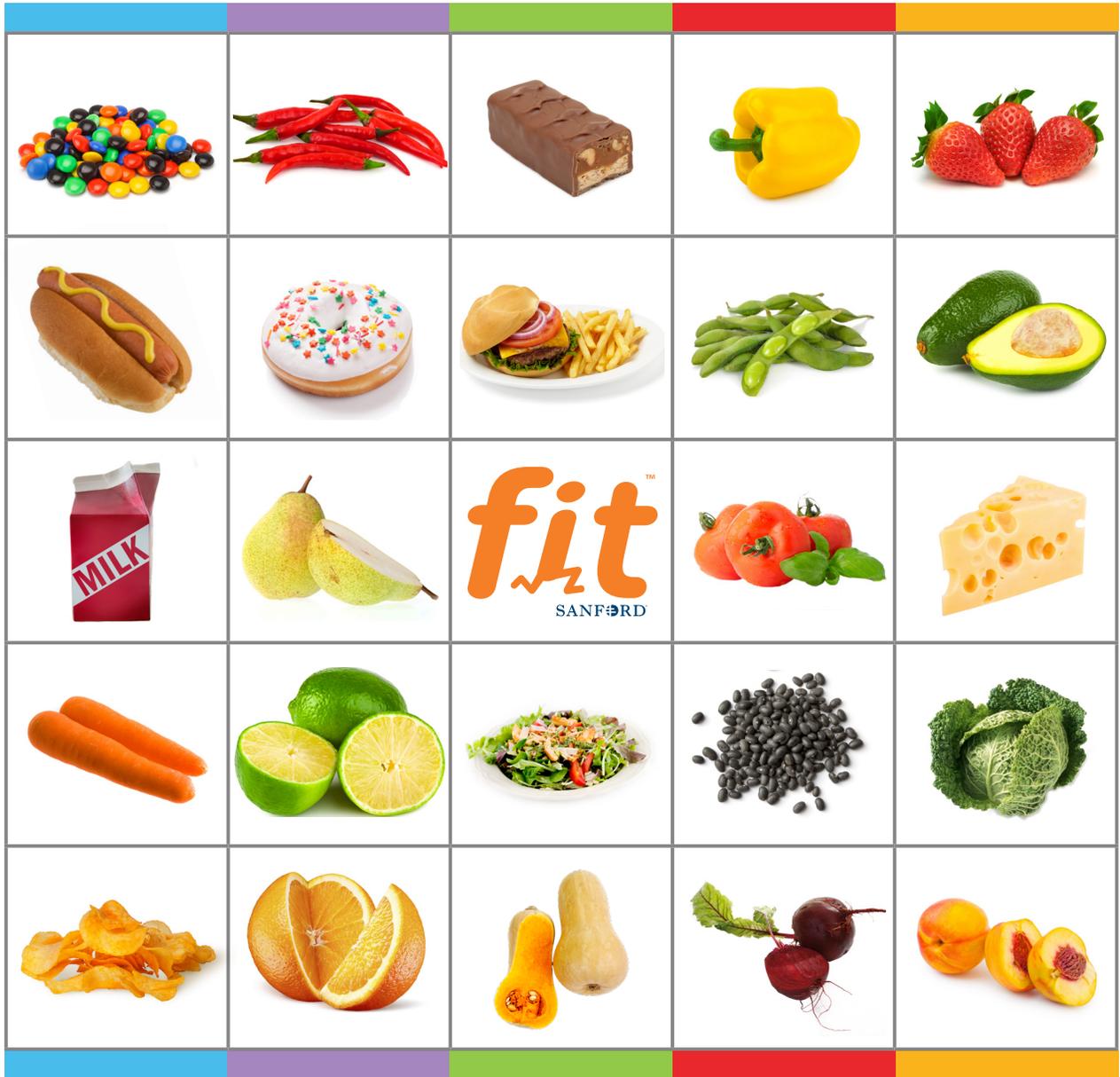
Water

O



Beef

B I N G O



fit Fact: Did you know that oranges are healthier than orange juice?



For more resources, visit fit.sanfordhealth.org

B I N G O



fit Fact: Did you know grapes and grapefruits are two different kinds of fruit?



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B I N G O

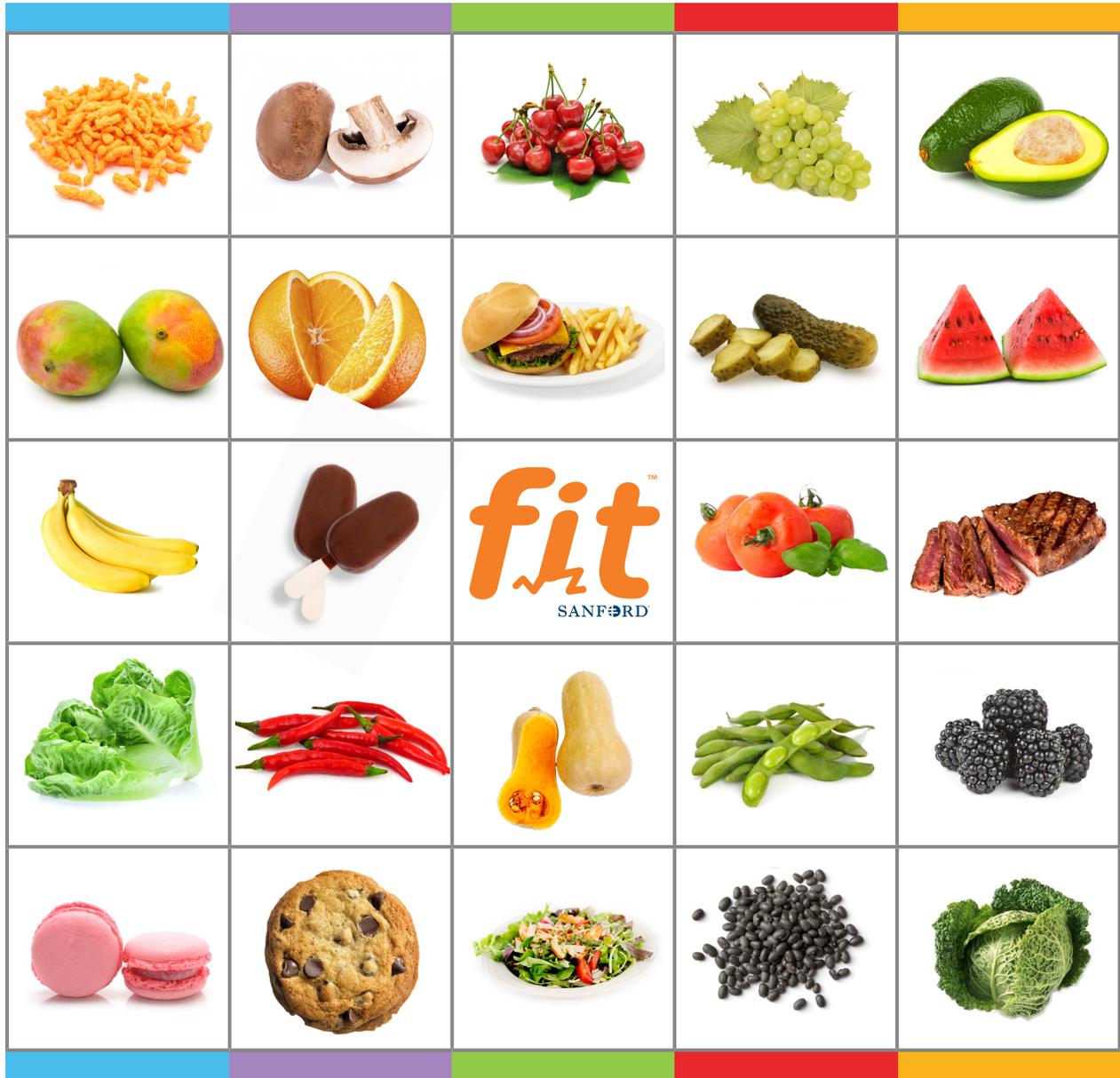


fit Fact: Did you know broccoli is good for your heart, eyes, and skin?



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B I N G O

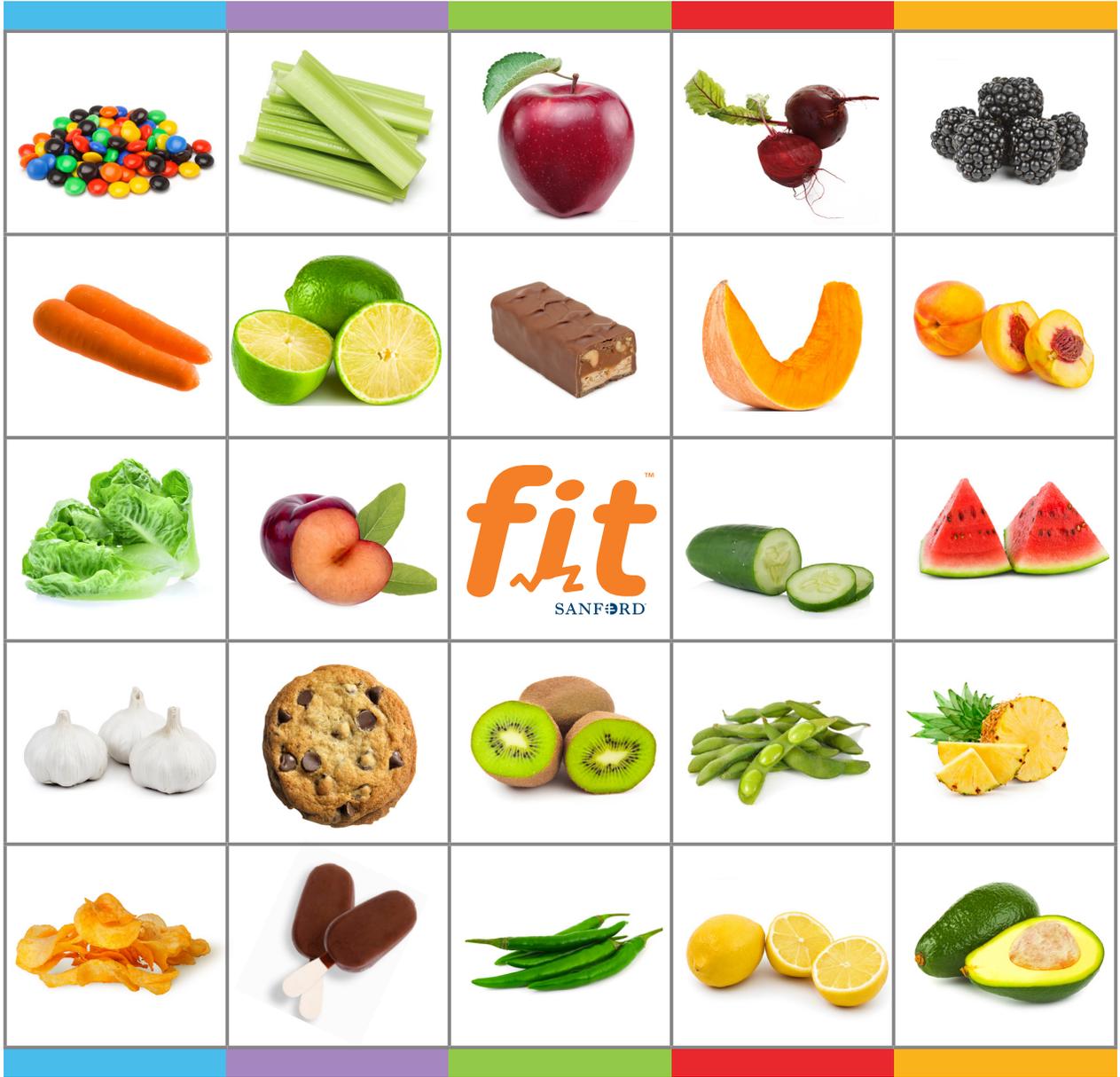


fit Fact: Did you know there are hundreds of different kinds of apples? Most grocery stores will have about 20 different kinds throughout the year!



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B I N G O



fit Fact: Did you know kiwi has more Vitamin C than oranges and more potassium than bananas?



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fit Fact: In China, the peach is a sign of longevity and good luck!



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B I N G O



fit Fact: Did you know most oranges are grown on farms, not in the wild?



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B I N G O



fit Fact: There are over 8,000 kinds of grapes! Eat grapes to get fiber and water.



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fit Fact: A 262 pound watermelon once set the world record for largest watermelon! But they normally only weight 5-30 pounds.



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fit Fact: The United States produces the most cow's milk in the world.



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fit Fact: Did you know carrots weren't originally orange? Carrots can be white, yellow, orange, red, purple, and even black!



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fit Fact: Did you know that bananas are the United States' favorite fruit?



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B I N G O



fit Fact: Carrots were once used as a decoration in women's hair and hats in England and France.



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B I N G O

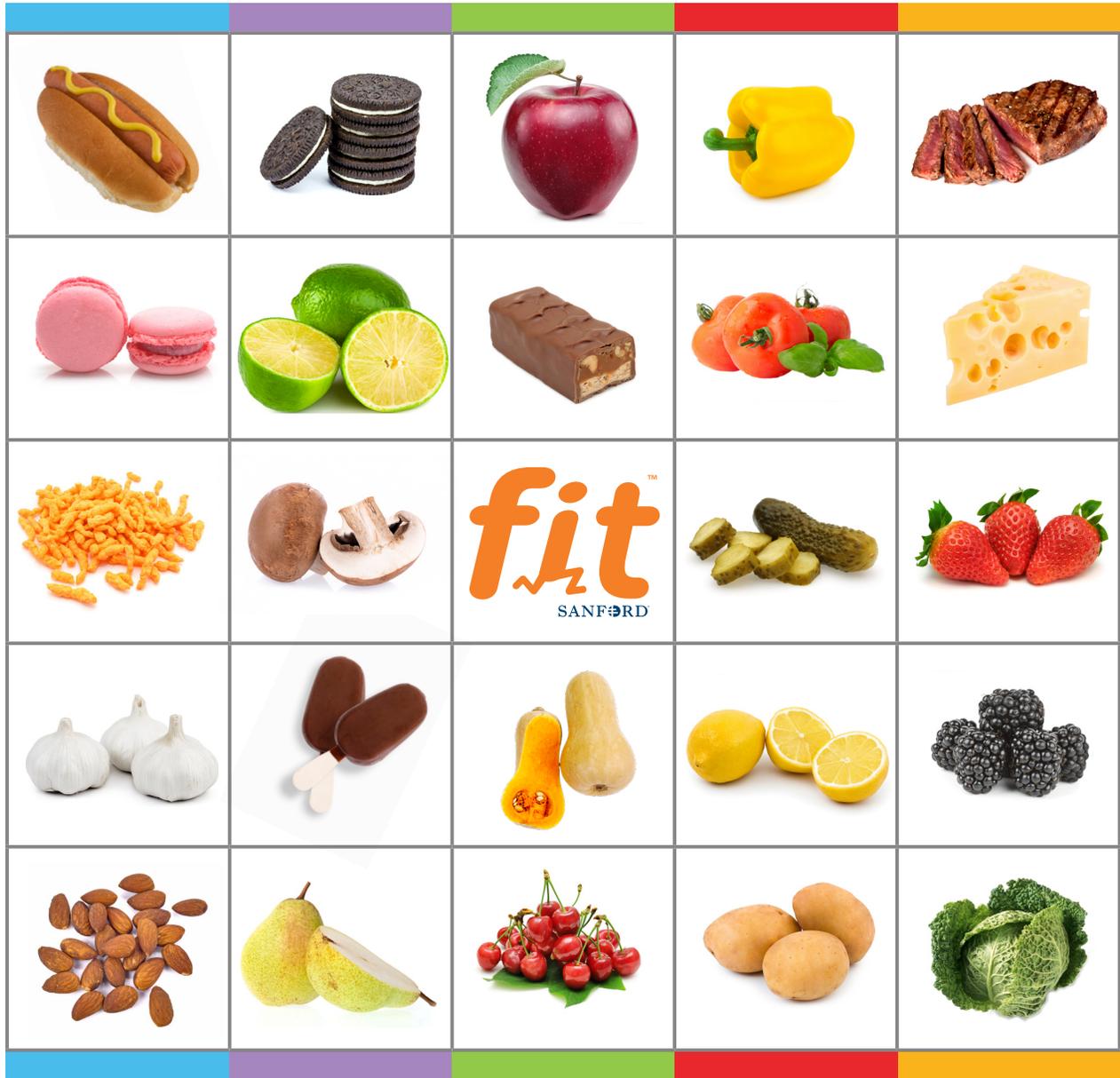


fit Fact: Did you know that watermelon are about 90% water?



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B I N G O



fit Fact: Did you know green beans are actually a fruit?
This is because they have seeds!



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B I N G O

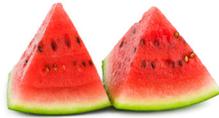


fit Fact: Did you know that yellow fruits and veggies help you from getting sick?



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fit Fact: Did you know that yams and sweet potatoes are two different vegetables?



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B I N G O



fit Fact: Did you know that pickles were originally cucumbers?



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B I N G O

fit Fact: China grows the most vegetables in the world.



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B I N G O

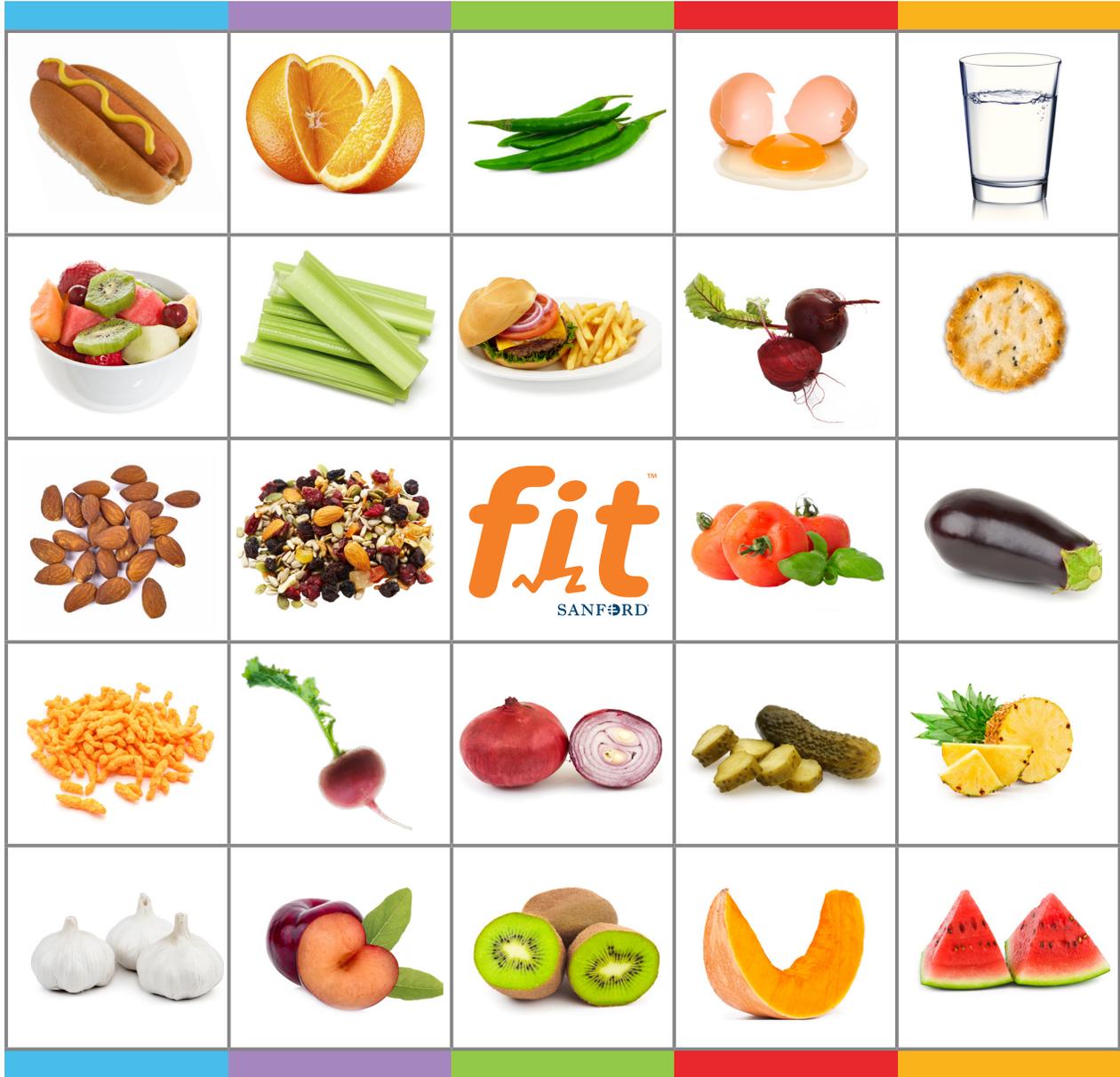


fit Fact: Did you know blue and purple fruits and veggies help your memory?



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B I N G O

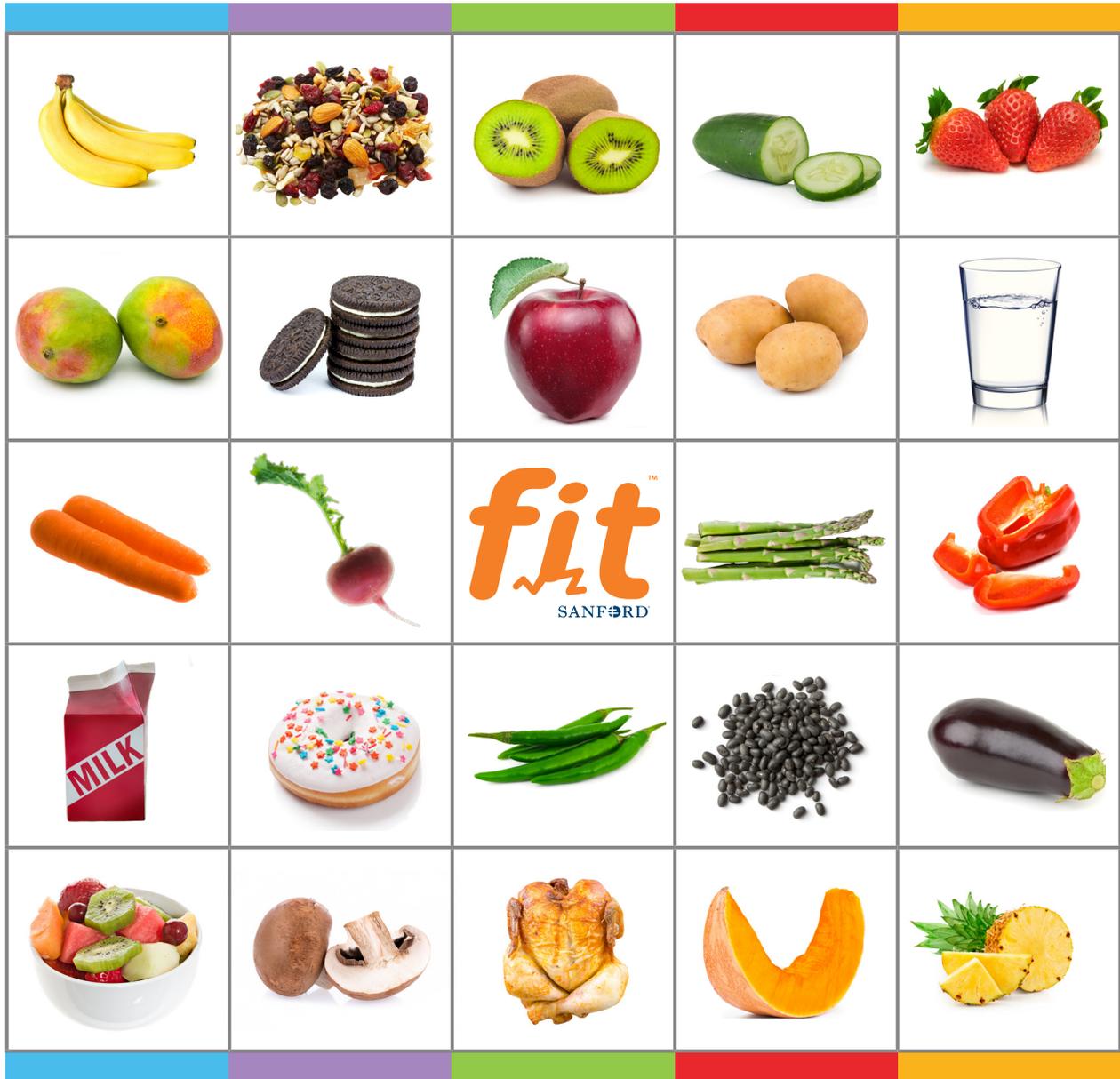


fit Fact: Italy is known for its pasta. One cup of cooked pasta is about the size of your fist.



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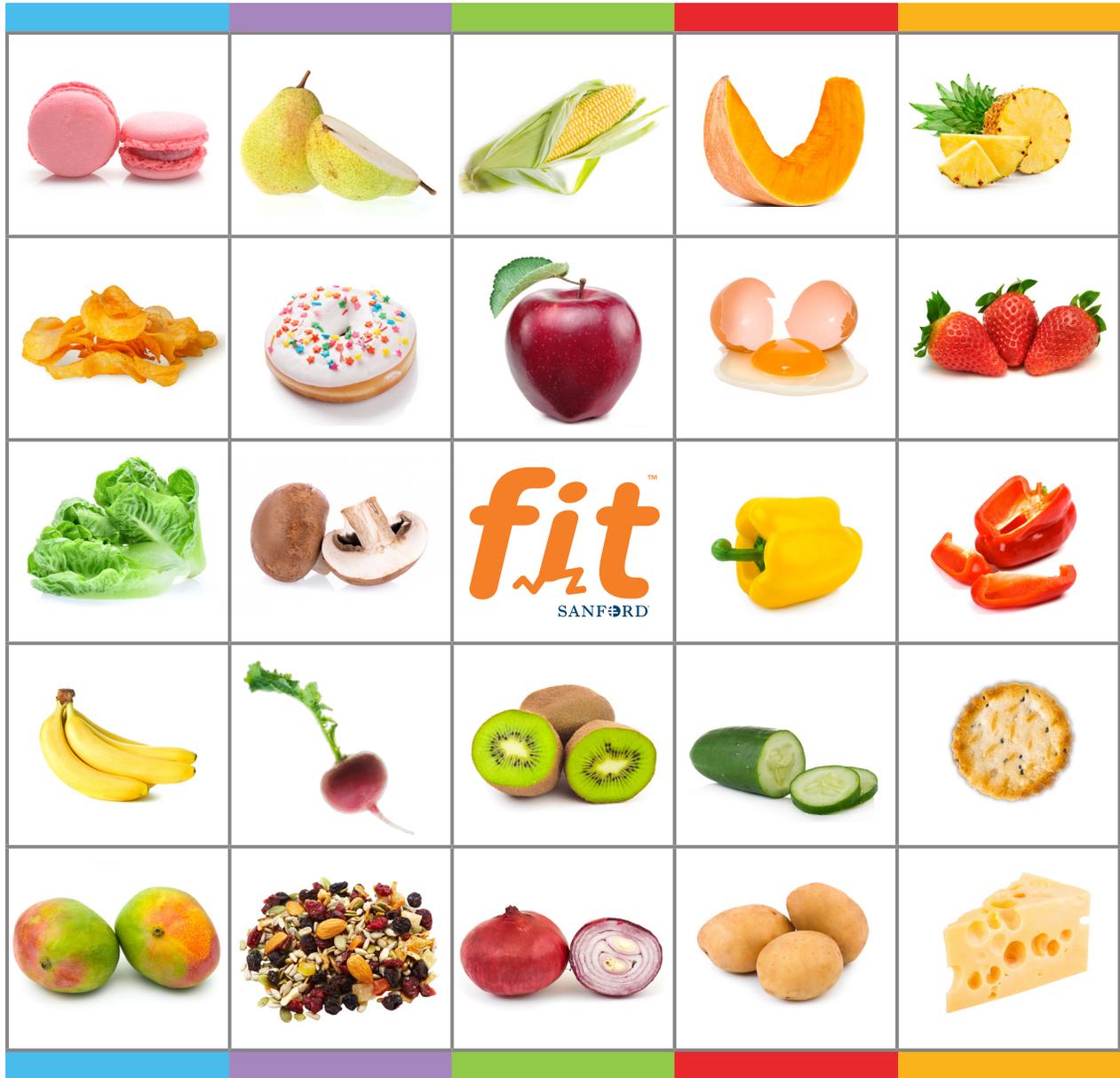


fit Fact: A bunch of bananas is called a “hand.”



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fit Fact: Did you know apples will float in water?
This is because 20% of an apple is air.



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B I N G O

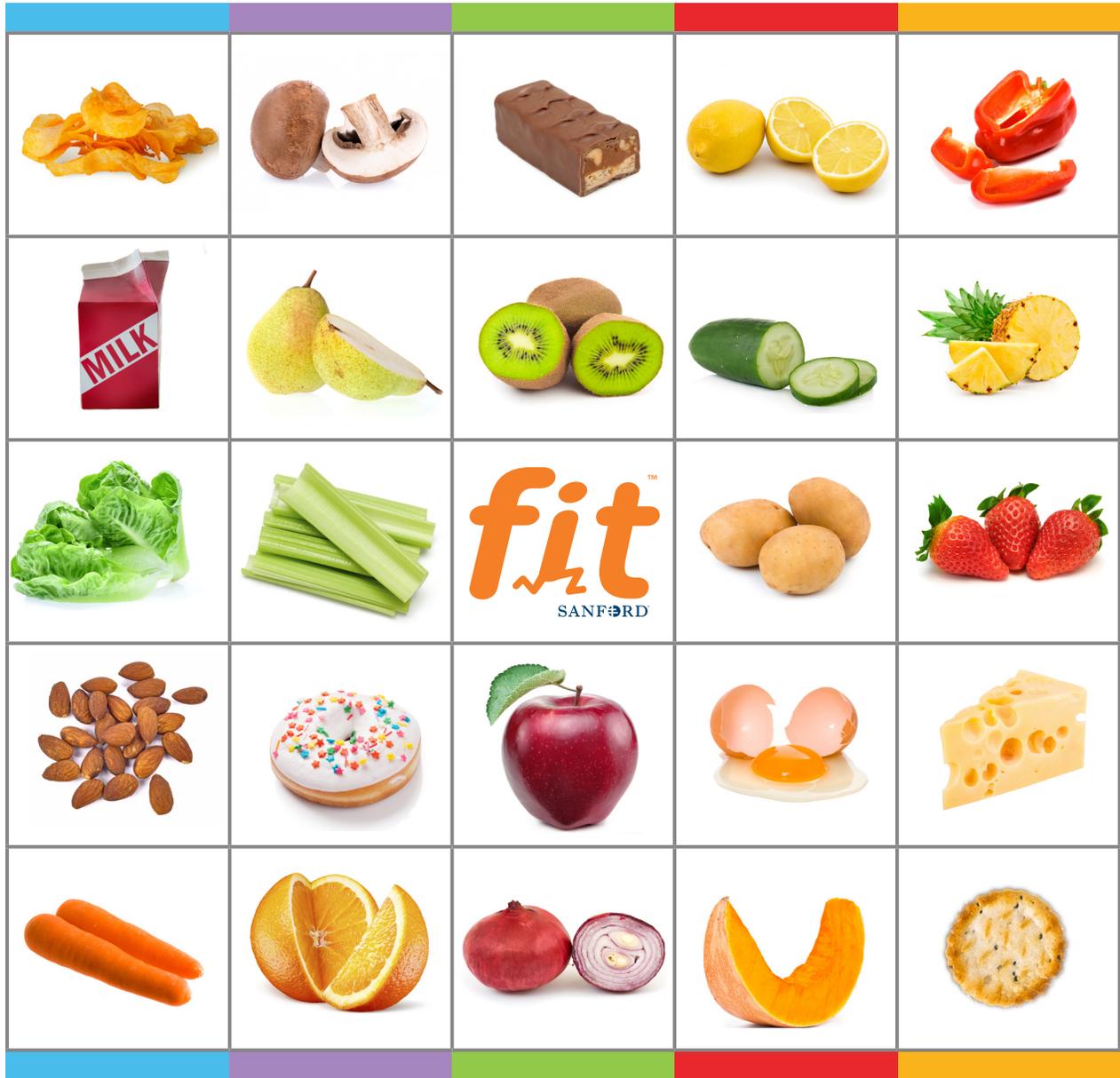
				
				
				
				
				

fit Fact: Almonds belong to the same family as peaches, plums, nectarines, and cherries.



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B I N G O



fit Fact: Did you know strawberries are not technically berries?



For more resources, visit fit.sanfordhealth.org