

# FOOD GROUP & FITNESS BINGO



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**GRAPES**



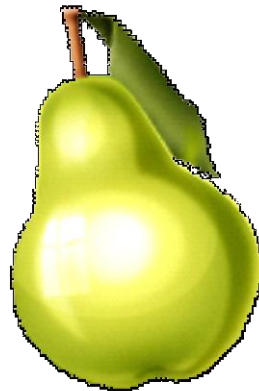
**GRAPEFRUIT**



**ORANGE**



**STRAWBERRIES**



**PEAR**



**BLACKBERRY**



**CRANBERRY**



**KIWI**



**LEMON**



**MANGO**



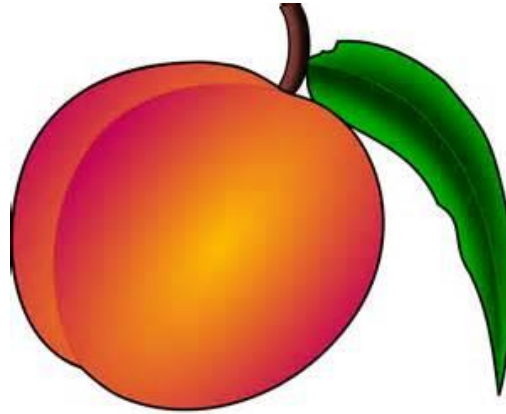
**PINEAPPLE**



**RASPBERRY**



**WATERMELON**



**PEACH**



**POMEGRANATE**



**ASPARAGUS**

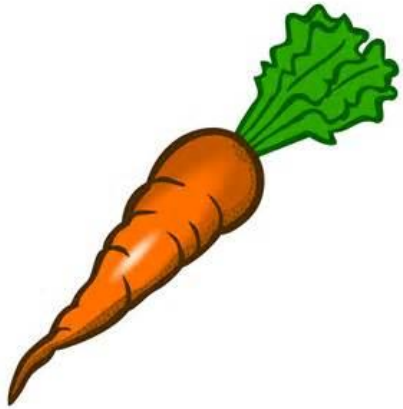


**BROCCOLI**



**BUTTERNUT  
SQUASH**





**CARROT**



**CAULIFLOWER**



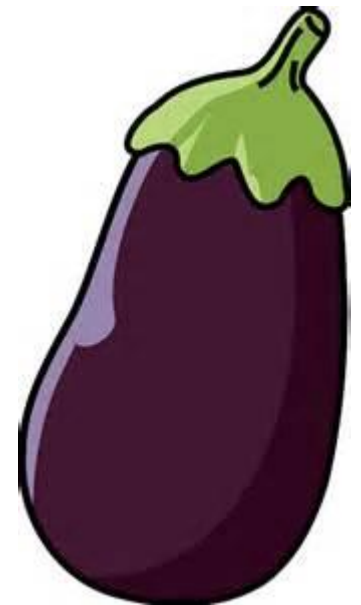
**CELERY**



**CORN**



**CUCUMBER**



**EGGPLANT**



**GREEN BEANS**



**GREEN PEPPER**



**MUSHROOMS**



**ONIONS**



**PEAS**



**POTATOES**



**PUMPKIN**



**LETTUCE**



**SUMMER  
SQUASH**



**TOMATO**



**BAGEL**

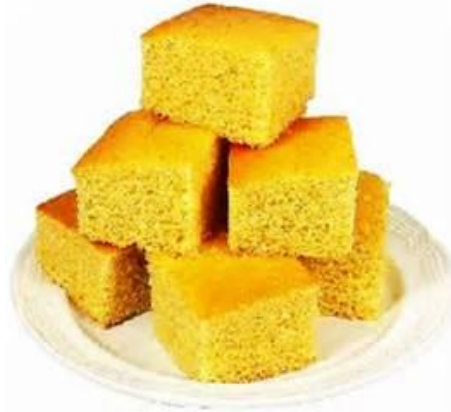


**BISCUIT**





**BREAD**



**CORN BREAD**



**CRACKERS**



**ENGLISH  
MUFFIN**



**MACARONI**



**MUFFINS**





**OATMEAL**



**PANCAKES**



**PASTA**



**POPCORN**



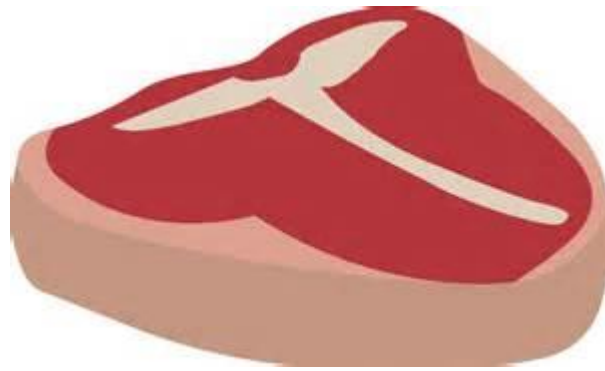
**RICE**



**SPAGHETTI**



**TORTILLA**



**STEAK**



**BACON**



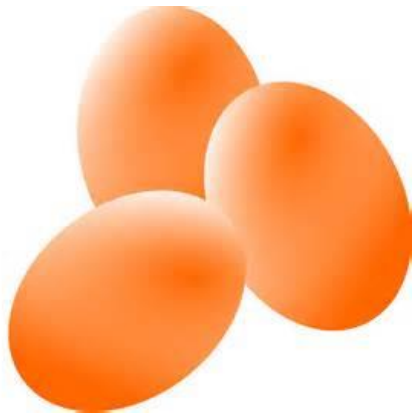
**BAKED BEANS**



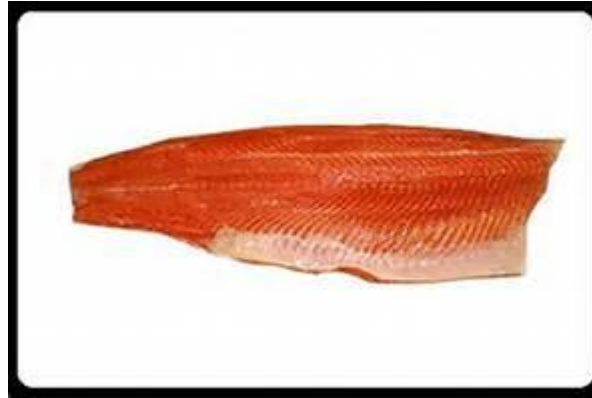
**TURKEY**



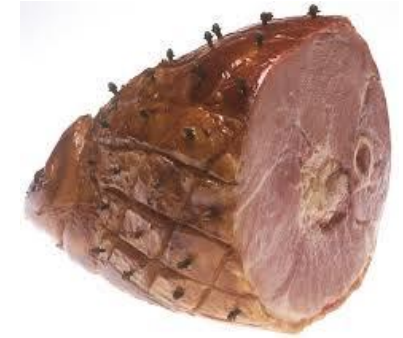
**CHICKEN**



**EGGS**



**FISH FILET**



**HAM**



**HAMBURGER**



**HOT DOG**



**HUMMUS**



**LOBSTER**



**NUTS**



**PEANUT  
BUTTER**



**PORK CHOP**



**SALMON**



**SAUSAGE**

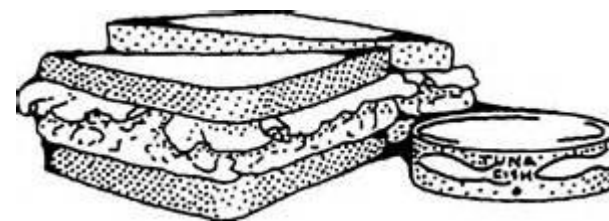




**SEEDS**



**SHRIMP**



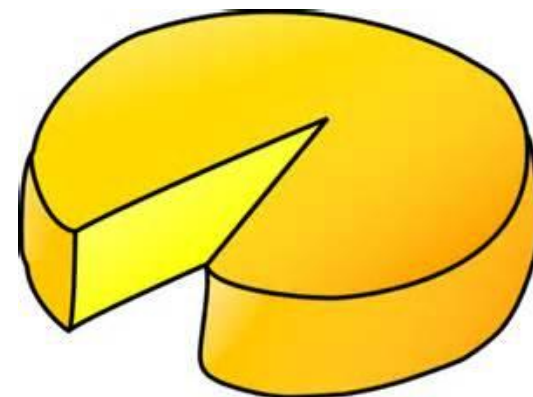
**TUNA**



**RICOTTA  
CHEESE**



**PROCESSED  
CHEESE**



**CHEDDAR  
CHEESE**



**CHOCOLATE  
MILK**



**COTTAGE  
CHEESE**



**SOY MILK**



**FROZEN  
YOGURT**



**ICE CREAM**



**SWISS CHEESE**



**YOGURT**



**PUDDING**

**EXERCISE  
CARDS**



*Bodyweight Squats*



*High Knees*



*Jumping Jacks*



*Lunge*



*Chair Dips*



**BALANCE**



**HOP IN PLACE**



**RUN IN PLACE**



**SIDE STRETCH**





**AIR JUMP ROPE**



**DOWNHILL  
SKIING  
(SIDE-TO-SIDE JUMPS)**



**CROSS-COUNTRY  
SKIING  
(JUMP AND LUNGE)**

These tiles are for use with the Food Group & Fitness Bingo Game found at [www.LEPEinc.com](http://www.LEPEinc.com). They are free to print and share for non-commercial use.