FOOD GROUP & FITNESS BINGO



LYNN HEFELE ©LEPEINC 631-626-9190 The following Food Group & Fitness Game is free to print and share for non-commercial. All other uses are prohibited.

Directions:

- o Play according to standard bingo rules.
- When a food is selected, give a hint that describes the answer(not included.) For example: This is a dairy product. It is a dessert that comes in many flavors. Because it is high in sugar and fat, it is not considered a healthy choice.
- o Choose a student to guess the answer.
- If a fitness activity is chosen, students stand in an open space and perform the exercise for a determined time or repetitions.

The food groups where determined using http://www.choosemyplate.gov/

Print the following playing cards on 8 ½ x 11 card stock.

Download the Food Group Tiles in a separate file:

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