
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.





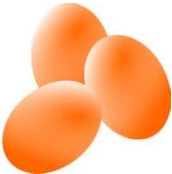









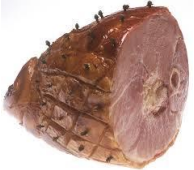










Directions:



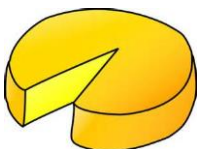







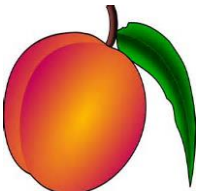
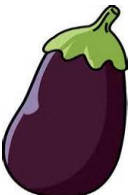













- Play according to standard bingo rules.
- When a food is selected, give a hint that describes the answer(not included.) For example: This is a dairy product. It is a dessert that comes in many flavors. Because it is high in sugar and fat, it is not considered a healthy choice.
- Choose a student to 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/>
















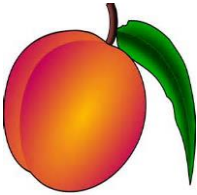







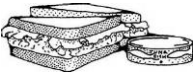
Print the following playing cards on 8 1/2 x 11 card stock.


























Download the Food Group Tiles in a separate file:















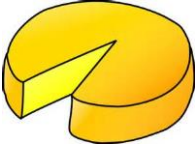






| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |






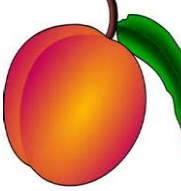



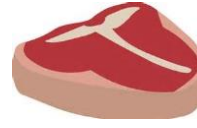









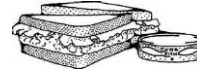





| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

















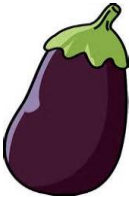


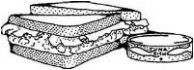





| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |








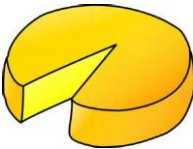
















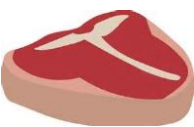
| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |



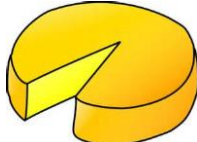

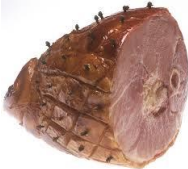

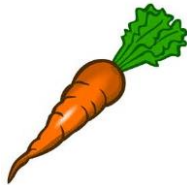









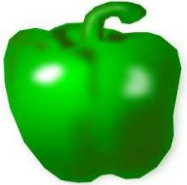


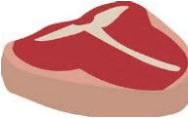





| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |








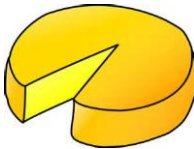











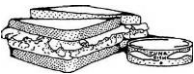





| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |












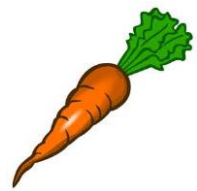













| B | I | N | G | O |
|---|---|---|--|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |










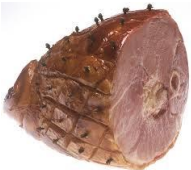















| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |





| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |











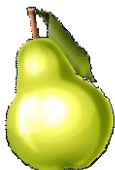













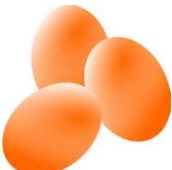
| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |






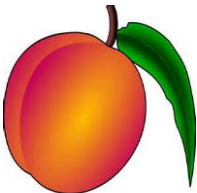

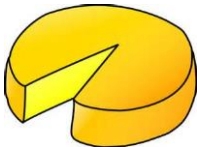






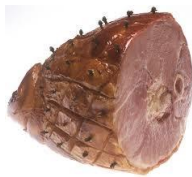




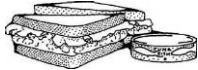





| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |



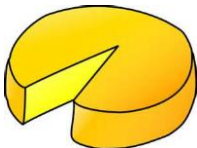












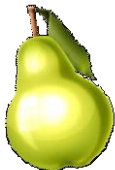









| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |





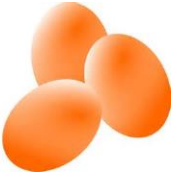



















| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
















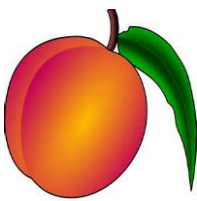



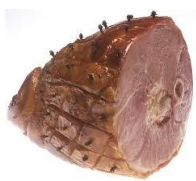





| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |








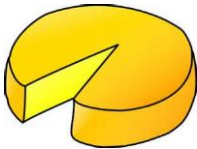











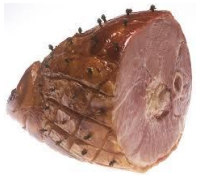
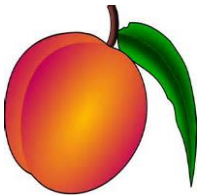




| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

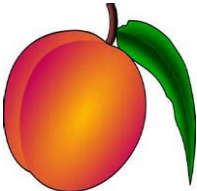
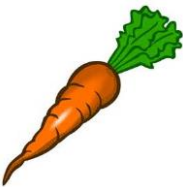















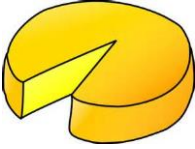







| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
















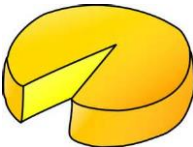






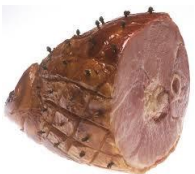
| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |











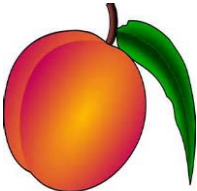












| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |















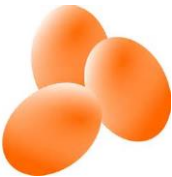










| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |






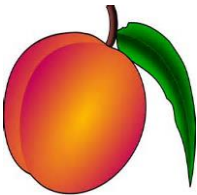















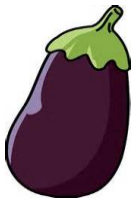


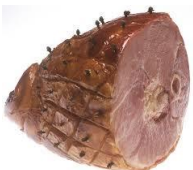
| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |






















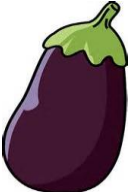



| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |




















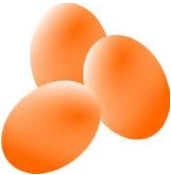

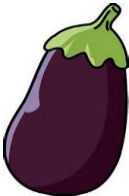



| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |


| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |


























| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

























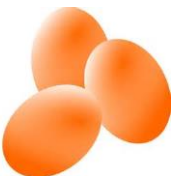
| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

| B | I | N | G | O |
|---|---|---|---|---|
| Fruits | Vegetables | Dairy | Grains | Proteins |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |