

# Nutrition BINGO

The goal of the game is to cross off each item on this card with healthy food and activity choices during the course of one day. Have fun!

 <p><b>Protein</b></p>	 <p><b>Grains</b></p>	 <p><b>Water</b></p>	 <p><b>Vegetables</b></p>
 <p><b>Activity</b></p>	 <p><b>Dairy</b></p>	 <p><b>Fruit</b></p>	 <p><b>Grain</b></p>
 <p><b>Vegetables</b></p>	 <p><b>Water</b></p>	 <p><b>Protein</b></p>	 <p><b>Activity</b></p>
 <p><b>Grains</b></p>	 <p><b>Fruit</b></p>	 <p><b>Vegetables</b></p>	 <p><b>Dairy</b></p>

## CATEGORIES (and examples)

**Fruit:** apple, orange, banana, grapes

**Vegetable:** carrots, corn, broccoli, potato

**Dairy:** milk, yogurt, cheese

**Grain:** pasta, rice, cereal, bread

**Protein:** meat, fish, beans, nuts, eggs

**Activity:** soccer, running, walking, bicycling