

Players learn what types of food belong to different food groups. Use the facts listed below to help students learn what foods are included in each food group. Learning about healthy foods will help encourage students to live healthier life styles.

Contents

* 4 Bingo Cards * Spinner * 36 markers

Object of the Game

To be the first player to cover three spaces in a row with the triangle markers.

Note: This game is best played if an adult or student who can read is the spinner.

Playing the Game

Each player selects a bingo card. Players may fill their free space with a marker. The teacher or a student begins by spinning and reading the food group on which the arrow stops. All players check their card to find a food that belongs in this food group. If a player sees a food on their card that belongs to this food group, they should cover the picture with a marker. Players may only cover one space per turn. The same spinner spins again.

Grain Group

Grains make up products like bread, cereal, rice, and pasta. These are all good for you. They are important sources of vitamins and minerals. Breads, cereals, rice, and pasta are also good sources of carbohydrates like starch and fiber.

Grains: bread, cereal, rice, pasta, pretzels, muffins

Vegetable Group

Vegetables are an important part of a healthy diet because they are loaded with vitamins and minerals. Carrots are a good source of vitamin A, and don't forget tasty tomatoes and cauliflower for vitamin C. Dark green vegetables like broccoli and spinach provide a good source of calcium and iron to help keep you healthy as well. Vegetables also provide carbohydrates for the energy your body needs, and plenty of fiber.

Vegetables: corn, broccoli, carrots, green beans, peas, peppers, lettuce

Fruit Group

Fruit plays a big role in a good diet. Fruits provide important vitamins that keep you feeling fine and looking good.

Different fruits contain different vitamins, so it is important to eat a variety of fruits. Mangoes, papayas, melons and citrus fruits, like oranges and grapefruit, are high in vitamin C. Cantaloupe, apricots, peaches, and nectarines are sources of vitamin A. Fruits also give you carbohydrates, the body's favorite kind of fuel. And don't forget fiber. Crunchy fruits like apples and berries are full of fiber.

Fruits: bananas, apples, oranges, grapes, pears, watermelon

Dairy Group

Milk and foods made from milk are the best sources of the mineral calcium. They also provide us with vitamin A, protein and phosphorus. Fortified milk has vitamin D added to it. All of the nutrients in these foods work together to keep our bones strong and healthy. It may be difficult to get enough calcium unless we include these foods in our diets.

Making puddings and soups with milk will help us get the calcium we need.

Dairy: milk, yogurt, cheese

Protein Group

Meat, poultry (chicken, turkey, and other birds), fish, beans, eggs, and nuts all supply you with the very important nutrient protein. They also load you up with iron and zinc.

Because eggs are a good source of iron and protein, they are counted as a meat serving.

Proteins: turkey, ham, steak, eggs, fish, bacon

Fats, Oils, and Sweets

Your body needs fat for some things, but it's smart to avoid eating too much of it. Eating too many fats, oils, or sweets can be a problem when we eat them instead of foods that provide lots of different nutrients. Sugary foods like candy and cookies are simple carbohydrates that can give you quick energy. However, they are usually loaded with calories and don't offer much in the way of nutrients.

Fats, Oils, and Sweets: candy, cake, chocolate, pop, mayonnaise



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Food Group BINGO

G U I D E

