



## Nutrition Bingo

Eats breakfast every day	Likes to eat veggie salad	Eats at least 5 servings of fruits and veggies daily	Had fruit today	Knows about MyPlate
Likes to drink milk	Eats three meals a day	Reads food labels	Goes grocery shopping	Drinks water every day
Packed lunch today	Is physically active on most days	<b>FREE</b>	Likes to eat fruit salad	Eats healthy snacks
Eats at meals at set times	Likes to bake	Helped make a meal in the last week	Eats lean meat	Had veggies today
Avoids fried/fatty foods	Does not eat extra helpings	Likes to cook	Eats dinner with family	Watches serving sizes