

# Nutrition & Physical Activity Bingo



Here are fun ways to be healthy! See how many BINGO squares you can check off.

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Eat healthy foods from all 5 food groups	Make a meal plan for the week	Learn a new cooking skill	Enjoy your meal with friends or family	Try a new fruit or vegetable
Use the Nutrition Facts Label to compare two foods	Grocery shop with a list	Cook a new recipe	Tell a joke that involves a healthful food	Draw your favorite healthful meal
Make your favorite traditional food	Choose healthful options when eating out	Free Space	Have a healthy recipe contest	Go for a walk or run
Have a dance party with new music	Choose low-sugar drinks to stay hydrated	Try a recipe from another country	Wash your hands for 20 seconds with soap and warm water	Try a new form of seafood
Eat breakfast – lean protein, whole grains, and fruit/vegetable	Reduce food waste and eat leftovers	Use herbs to flavor your food	Have screen-free mealtime	Try a snack from a different food culture



Connect with @UNLfoodfitness

food@unl.edu

