

**ACTIVITY NAME** ► NUTRITION BINGO**PROJECT** ► INSIDE OUT**FOCUS** ► Knowledge**CODE** ► G DP1**LEVEL** ► Six**TIME** ► 45 minutes**PURPOSE** ► Learn or review the components of healthy eating.**MATERIALS** ► Bingo cards (on page 90), paper (construction or bond style), pencils, markers, rulers or other straight edge, scissors, several dried beans or other small items to use as bingo markers; *Food and Nutrients* (on page 89); optional: *Food Guide Pyramid* (on page 88).**PREPARATION** ► Make copies of the blank bingo card or gather materials to make your own cards. Make copies of the *Food Guide Pyramid*. Create a poster of the information on *Food and Nutrients* or copy the information to hand out to the youth. Cut apart the draw cards for Nutrition Bingo or make your own pieces using the information.**ACTIVITY** ►

Remind the youth they have learned about nutrition and healthy eating at school, from a family member or from some other source. Ask them how much they remember about the things they learned in the past. Some food groups contain foods that are low in calories and high in nutrients. Nutrients are elements of food that give our bodies what they need to function. We are encouraged to eat a lot of foods in those categories. Other categories contain foods that are higher in fat and calories and they do not provide us with much in the way of nutrients. Foods that are high in calories and low in nutritional value are the foods we should limit. They fill us up and prevent us from eating healthier.

Tell them the group is going to play Nutrition Bingo to learn or review the food categories and the types of food that are healthy choices.

Have each player create his or her own bingo card(s). Use the blank copy provided or let the youth make their cards on separate pieces of paper. To do this they will need to draw the five-column, six-line square grids like the sample provided. Then have them write the appropriate categories on the top line. Categories are:

- First column - Breads and Grains
- Second column - Fruits and Vegetables
- Third column - Limit These
- Fourth column - Meats and Dairy
- Fifth Column - Vitamins and Minerals

Next, ask the players to look at the items in each category on the *Food Guide Pyramid* handout. There are 10 items in each. Ask the players to select five of the items listed in each of the categories and randomly write them in the spaces of the appropriate column. The middle column "Limit These" only requires them to choose four items. Tell them to add a free space in the middle square of this column.

Nutrition Bingo:

Determine a playing option from the list below.

Place the draw cards in a basket or other container and select one person to be the bingo caller.

The caller draws a card, reads the category, the item and the description on the card. Take the opportunity to discuss the item on the card as it relates to nutrition and good eating habits. For instance, if the caller draws a card from the fruits and vegetable category, mention other fruits or vegetables not on the list of 10 used to make the bingo cards. Find out if it is something the players enjoy eating or ask who likes or does not like a food item called and why. Ask the players how they like a food item prepared, cooked or raw. Ask the players if they know whether cooking changes the

calorie count or nutritional value of the food (it does). In the "Limit These" category, discuss why the food item called might have been placed in that category.

If the game participants have the item called, they may cover the square with a bean or other item being used for bingo markers. Once a card has been drawn from the container and read to the group, the caller places it on a table by category for verification that it was called whenever a participant in the game calls out "Nutrition Bingo." The bingo caller continues to draw and read the cards, and the players cover any items called until a player has the correct number of squares covered on his or her card according to the playing option. At that point, the player calls out "Nutrition Bingo."

The caller verifies that the squares covered on the player's card and the cards that have been drawn match and then declares if there is a winning bingo. The caller can decide to continue with the game or have the players clear their cards and begin a new game.

Playing options

Regular Bingo - Cover five squares in a row, vertically, horizontally or diagonally.

The Big T - Cover all the squares in the top row and the middle column to form a T on the card.

Four Corners - Cover only the squares in the top row right, top row left, bottom row right and bottom row left.

The Big X - Create an X on the card by covering the five squares on the diagonal from top left to bottom right and the diagonal from bottom left to top right.

Black Out - Cover all the squares on the card.

Variation: Let the youth make bingo cards and a set of draw cards to take home and play with their families

THINK ABOUT IT

- * What are some reasons why people make unhealthy food choices?
- * What changes could you make in your diet for better health?
- * How does what you eat affect your emotions?

ADDITIONAL ACTIVITY

Talk about the nutrition recommendations from the Food Guide Pyramid (on page 88). Tell the youth that they are going to construct a three-dimensional food pyramid.

Give each youth a flat sheet of poster board and ask them to turn it into a three-dimensional food pyramid. Show them a completed and assembled example and give them needed dimensions. Allow them to struggle through how to cut and put together this model. (DP1)

TIPS FOR ACTIVITY LEADER

- Allow participants to make more than one bingo card if they choose.
- Allow the youth to leave their markers on their cards after the first person has a bingo and continue playing until two or three others bingo. Then clear the cards and start another game.
- Provide nutritious snacks (individually wrapped) as prizes for winning Nutrition Bingo.
- If participating in the activity sparks a great deal of questions from the youth, suggest that they consider planning an activity or project to learn more about nutrition or health issues.
- Use nutrition books as a resource for discussion or questions that may arise while the game is being played.

**YOUTH OUTCOMES ▶**

- Youth will be able to communicate their point of view effectively.
- Youth will be able to evaluate choices, weigh outcomes and make decisions.

EDUCATION STANDARDS ▶

B 3.3 Understands that the level of skill a person can reach in any particular activity depends on a variety of factors.

M 5.5 Understands the relationships between two- and three-dimensional representations of a figure.

NUTRITION BINGO

Food Guide Pyramid

A Guide to Daily Food Choices

Fats, Oils, & Sweets
USE SPARINGLY

KEY

◻ Fat (naturally occurring and added)

◼ Sugars (added)

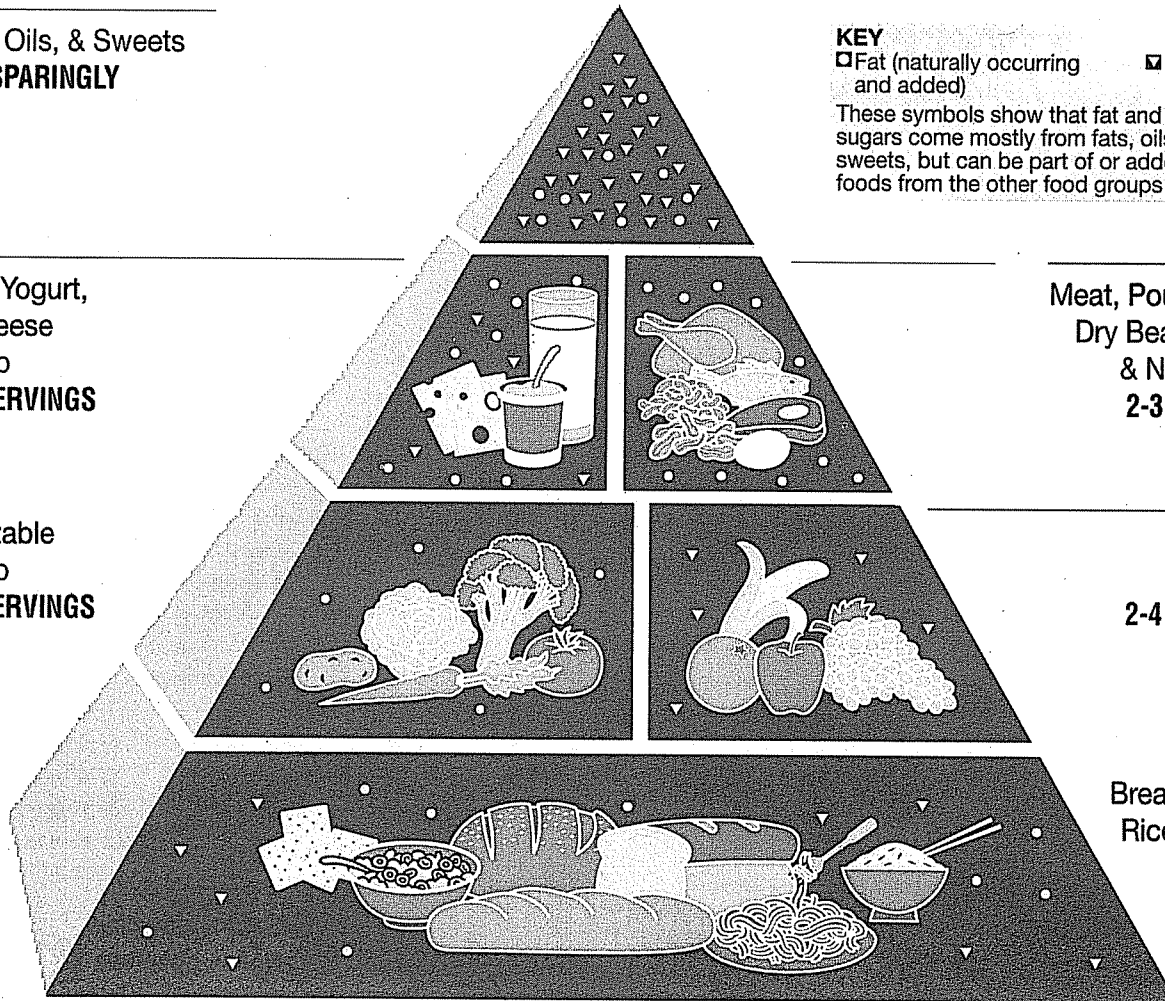
These symbols show that fat and added sugars come mostly from fats, oils, and sweets, but can be part of or added to foods from the other food groups as well.

Milk, Yogurt, & Cheese Group
2-3 SERVINGS

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Fruit Group
2-4 SERVINGS



SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services

Bread, Cereal, Rice, & Pasta Group
6-11 SERVINGS

Use the Food Guide Pyramid to help you eat better every day...the Dietary Guidelines way. Start with plenty of Breads, Cereals, Rice, and Pasta; Vegetables; and Fruits. Add two to three servings from the Milk group and two to three servings from the Meat group.

Each of these food groups provides some, but not all, of the nutrients you need. No one food group is more important than another — for good health you need them all. Go easy on fats, oils, and sweets, the foods in the small tip of the Pyramid.

To order a copy of "The Food Guide Pyramid" booklet, send a \$1.00 check or money order made out to the Superintendent of Documents to: Consumer Information Center, Department 159-Y, Pueblo, Colorado 81009.

U.S. Department of Agriculture, Human Nutrition Information Service, August 1992; Leaflet No. 572



FOOD AND NUTRIENTS

Choose five (four for the middle column) items from each category and write each one in a square in the appropriate column on each bingo card.

Breads and Grains

White bread
Wheat bread
Cold cereal
Oatmeal
Pasta
Rice
Crackers
Bagel
English muffins
Corn bread

Fruits and Vegetables

Banana
Apple or pear
Peaches and nectarines
Strawberries/grapes
Cantaloupe and watermelon
Green beans
Tomato
Orange
Corn
Carrots and celery

Vitamins and Minerals

Vitamin A
Vitamin D
Vitamin E
Vitamin C
Vitamin B1 and Niacin
Vitamin B12
Vitamin B6
Calcium
Iron
Zinc

Limit These (Fats and Sugar)

Candy
Cakes
Cookies
Ice cream
Salad dressing
Sodas
French fries
Fast foods
Chips

Meat and Dairy

Milk
Yogurt
Cheese
Beef
Pork
Poultry
Fish
Dried beans
Eggs
Nuts, seed and peanut butter

SAMPLE BINGO CARD

Nutrition Bingo

Breads and Grains	Fruits and Vegetables	Limit These	Meats and Dairy	Vitamins and Minerals
		Free		

**DRAW CARDS FOR NUTRITION BINGO**

<p>Vitamins and Minerals VITAMIN A</p> <p>Found in breads and grains, apricots, cantaloupe, carrots, red peppers, liver and milk</p>	<p>Vitamins and Minerals VITAMIN B6</p> <p>Found in breads and grains, apricots, cantaloupe, carrots, red peppers, liver and milk</p>
<p>Vitamins and Minerals VITAMIN D</p> <p>Found in canned salmon and tuna, eggs and milk</p>	<p>Vitamins and Minerals VITAMIN B12</p> <p>Found in breads and grains, apricots, cantaloupe, carrots, red peppers, liver and milk</p>
<p>Vitamins and Minerals VITAMIN E</p> <p>Found in cold cereals, canned apricots and peaches, greens (mustard and turnip), shrimp, almonds, peanuts and sunflower seeds</p>	<p>Vitamins and Minerals CALCIUM</p> <p>Found in bran muffins, broccoli, spinach, milk, yogurt, cheeses, tofu and ice cream</p>
<p>Vitamins and Minerals VITAMIN C</p> <p>Found in cold cereals, cantaloupe, grapefruit, oranges, strawberries, grapes, orange and tomato juice, asparagus, broccoli, sweet potatoes</p>	<p>Vitamins and Minerals IRON</p> <p>Found in bagels, bran muffins, cold cereals, apricots, black-eyed peas, white beans, liver, clams, oysters and pumpkin seeds</p>

<p>Vitamins and Minerals VITAMIN B1 AND NIACIN</p> <p>THIAMINE AND NIACIN Found in breads, bagels, English muffins, grits and oatmeal</p>	<p>Vitamins and Minerals ZINC</p> <p>Found in cold cereals, beef, chicken, oysters, yogurt and pumpkin seeds</p>
<p>Breads and Grains WHITE BREAD</p> <p>Serving: 1 slice 70 calories</p>	<p>Breads and Grains RICE</p> <p>Serving: 1/2 cup 100 calories</p>
<p>Breads and Grains WHEAT BREAD</p> <p>Serving: 1 slice 70 calories</p>	<p>Breads and Grains CRACKER</p> <p>Serving: 4 52 calories</p>
<p>Breads and Grains COLD CEREAL</p> <p>Serving: 1 cup without milk 110 calories</p>	<p>Breads and Grains ENGLISH MUFFIN</p> <p>140 calories</p>



<p>Breads and Grains OATMEAL</p> <p>Serving: 1/2 cup 110 calories</p>	<p>Breads and Grains BAGEL</p> <p>1 Bagel 200 calories</p>
<p>Breads and Grains PASTA</p> <p>Serving: 1/2 cup 155 calories</p>	<p>Breads and Grains CORN BREAD</p> <p>Serving: 1 small piece 107 calories</p>
<p>Meats and Dairy WHOLE MILK</p> <p>Serving: 1 cup 150 calories</p>	<p>Meats and Dairy POULTRY</p> <p>Serving: 3 1/2 ounces 120-290 calories depending on type of poultry and how it is cut and prepared</p>
<p>Meats and Dairy YOGURT</p> <p>Serving: 1 cup 240 calories</p>	<p>Meats and Dairy FISH</p> <p>Serving: 3 1/2 ounces 70-250 calories depending on type of fish and how it is prepared</p>

<p>Meats and Dairy CHEESE</p> <p>Serving: 1 ounce 110 calories</p>	<p>Meats and Dairy DRIED BEANS</p> <p>Serving: ½ cup cooked 60-90 calories</p>
<p>Meats and Dairy BEEF</p> <p>Serving: 3 ounces 150-260 calories depending on type of beef and how it is prepared</p>	<p>Meats and Dairy EGG</p> <p>Serving: 1 large 70 calories</p>
<p>Meats and Dairy PORK</p> <p>Serving: 3½ ounces 70-250 calories depending on type of pork and how it is prepared</p>	<p>Meats and Dairy NUTS, SEEDS, AND PEANUT BUTTER</p> <p>Serving: 1 ounce (2 tablespoons) 190 calories</p>
<p>Fruits and Vegetables BANANA</p> <p>Serving: 1 medium 105 calories Good source of potassium</p>	<p>Fruits and Vegetables ORANGE</p> <p>Serving: 1 medium 65 Calories Good source of vitamin C</p>



<p>Fruits and Vegetables APPLE OR PEAR</p> <p>Serving: 1 medium 57-98 calories Good source of vitamin A</p>	<p>Fruits and Vegetables GREEN BEAN</p> <p>Serving: 1/2 cup canned 30 calories Good source of vitamin A</p>
<p>Fruits and Vegetables PEACH AND NECTARINE</p> <p>Serving: 1 medium 37-67 calories Good source of vitamin A</p>	<p>Fruits and Vegetables TOMATO</p> <p>Serving: 1/2 cup 24 Calories Good source of vitamin A and C</p>
<p>Fruits and Vegetables STRAWBERRIES/GRAPES</p> <p>Serving: 1/2 cup 25 calories Good source of vitamin A</p>	<p>Fruits and Vegetables CORN</p> <p>Serving: 1/2 cup, canned 82 calories</p>
<p>Fruits and Vegetables CANTALOUPE AND WATERMELON</p> <p>Serving: 1/2 cup 25 calories Good source of vitamin A</p>	<p>Fruits and Vegetables CARROT AND CELERY</p> <p>Serving: 1/2 cup raw 24-11 calories Good source of vitamin A</p>

<p>Limit These CANDY</p>	<p>Limit These FAST FOOD</p>
<p>Average calories 150 per bar High in sugar</p>	<p>Average hamburger 445 calories High in fat</p>
<p>Limit These CAKE</p> <p>Average calories 220 per slice 150 per snack cake High in sugar</p>	<p>Limit These SODA</p> <p>Average 140 calories in 12 ounces High in sugar</p>
<p>Limit These COOKIE</p> <p>Average calories 1140 for 3 cookies High in sugar</p>	<p>Limit These FRENCH FRIES</p> <p>Average calories 280 for a regular order High in fat</p>
<p>Limit These ICE CREAM</p> <p>Average calories 208 in ½ cup High in sugar and fat</p>	<p>Limit These CHIPS</p> <p>Average calories 160 per ounce High in fat and salt</p>
<p>Limit These SALAD DRESSING</p> <p>Average calories 50-89 per tablespoon High in fat</p>	