

# Nutrition & Physical Activity Bingo



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

**B**

Eat healthy foods from all 5 food groups

Use the Nutrition Facts Label to compare two foods

Make your favorite traditional food

Have a dance party with new music

Eat breakfast – lean protein, whole grains, and fruit/vegetable

**I**

Make a meal plan for the week

Grocery shop with a list

Choose healthful options when eating out

Choose low-sugar drinks to stay hydrated

Reduce food waste and eat leftovers

**N**

Learn a new cooking skill

Cook a new recipe

Free Space

Try a recipe from another country

Use herbs to flavor your food

**G**

Enjoy your meal with friends or family

Tell a joke that involves a healthful food

Have a healthy recipe contest

Wash your hands for 20 seconds with soap and warm water

Have screen-free mealtime

**O**

Try a new fruit or vegetable

Draw your favorite healthful meal

Go for a walk or run

Try a new form of seafood

Try a snack from a different food culture



Connect with @UNLfoodfitness

food@unl.edu

