

REAL FOOD

Instructions

Each Bingo card features a 5x5 grid with foods from five food groups. As each food is called out, students find and mark the square of the matching food on their card.

Call Out Food List

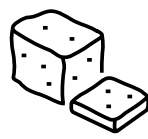
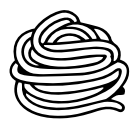
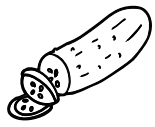
Mix and match these during the game.

Protein Foods	Dairy	Fruits	Vegetables	Whole Grains
Chicken	2% Milk	Apple	Carrots	Brown rice
Turkey	Yogurt	Banana	Broccoli	Oatmeal
Eggs	Cheese	Grapes	Spinach	Whole-grain pasta
Beans	Cottage cheese	Strawberries	Peas	Bulgur
Peanut butter	String cheese	Orange	Cucumbers	Popcorn (plain)
Tuna	Kefir	Pear	Lettuce	Whole-grain cereal
Nuts	Whole milk	Mango	Tomatoes	Whole-wheat tortilla
Fish	Greek yogurt	Blueberries	Corn	Quinoa
Beef	Calcium-fortified soy milk	Kiwi	Peppers	Whole-wheat bread
Tofu	Lactose-free milk	Peach	Celery	Whole-grain crackers

For more event ideas, visit fna.usda.gov/teamnutrition.



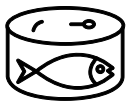
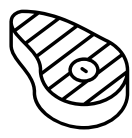
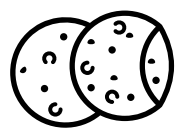
REAL FOOD **BINGO**

Protein Foods	Dairy	Fruits	Vegetables	Whole Grains
 Chicken	 Yogurt	 Apple	 Carrots	 Oatmeal
 Beans	 Cheese	 Banana	 Broccoli	 Bulgur
 Tofu	 2% Milk	 FREE	 Spinach	 Brown rice
 Peanut butter	 Cottage cheese	 Orange	 Peas	 Whole-grain pasta
 Turkey	 String cheese	 Strawberries	 Cucumbers	 Popcorn (plain)

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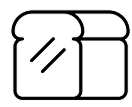
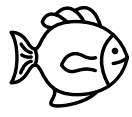
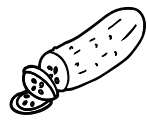
REAL FOOD **BINGO**

Protein Foods	Dairy	Fruits	Vegetables	Whole Grains
 Tuna	 Yogurt	 Blueberries	 Lettuce	 Whole-grain crackers
 Nuts	 Cottage cheese	 Peach	 Tomatoes	 Brown rice
 Chicken	 Cheese	 FREE	 Carrots	 Oatmeal
 Beef	 Calcium-fortified soy milk	 Grapes	 Corn	 Whole-grain cereal
 Beans	 String cheese	 Mango	 Celery	 Whole-wheat tortilla

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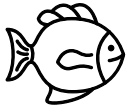
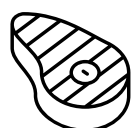
REAL FOOD **BINGO**

Protein Foods	Dairy	Fruits	Vegetables	Whole Grains
 Turkey	 Yogurt	 Apple	 Carrot	 Whole-grain pasta
 Eggs	 2% Milk	 Banana	 Spinach	 Oatmeal
 Beans	 Cheese	 FREE	 Broccoli	 Brown rice
 Peanut butter	 Cottage cheese	 Orange	 Peppers	 Whole-wheat bread
 Fish	 String cheese	 Strawberries	 Cucumbers	 Popcorn (plain)

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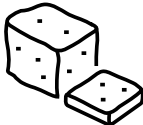
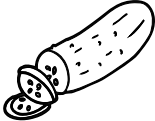
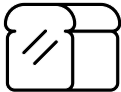
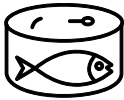
REAL FOOD **BINGO**

Protein Foods	Dairy	Fruits	Vegetables	Whole Grains
 Fish	 Yogurt	 Apple	 Carrots	 Whole-wheat tortilla
 Eggs	 Lactose-free milk	 Peach	 Corn	 Oatmeal
 Beef	 Cheese	 FREE	 Peppers	 Whole-grain pasta
 Nuts	 Cottage cheese	 Orange	 Broccoli	 Quinoa
 Turkey	 Kefir	 Pear	 Peas	 Popcorn (plain)

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REAL FOOD BINGO

Protein Foods	Dairy	Fruits	Vegetables	Whole Grains
 Chicken	 Kefir	 Kiwi	 Broccoli	 Whole-grain cereal
 Tofu	 Cheese	 Banana	 Lettuce	 Brown rice
 Eggs	 Cottage cheese	 FREE	 Peas	 Whole-grain crackers
 Nuts	 Whole milk	 Orange	 Cucumbers	 Whole-wheat bread
 Tuna	 Greek yogurt	 Pear	 Corn	 Popcorn (plain)

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