



Be a Food Hero!

Spring Break Bingo

1 Name _____ 2 Teacher _____ 3 Age _____
 4 Did you complete this with a sibling? (please circle) Yes No

Parent Instructions: Your child will receive a **Food Hero surprise** if: ★ They complete at least 5 BINGO tasks during spring break, ★ You initial the BINGO square of each task they complete, and ★ They return the BINGO card to their classroom teacher by the Friday after spring break.

<p>Walk with your family for 15 minutes.</p> 	<p>Help set the table.</p> 	<p>With an adult, visit www.foodhero.org. Together choose one new recipe to try.</p> 	<p>Drink 8 ounces of low-fat milk.</p> 	<p>Eat one cup of fruit for a snack.</p> 
<p>Make a smoothie with a fruit or veggie in it.</p> 	<p>Draw a picture.</p> 	<p>Play a game.</p> 	<p>Help plan one dinner.</p> 	<p>Eat breakfast.</p> 
<p>Eat dinner with your family.</p> 	<p>Do 60 minutes of physical activity.</p> 		<p>Read a book.</p> 	<p>Play at a park for 30 minutes.</p> 
<p> Go grocery shopping with your family and pick out one new vegetable for everyone to try.</p>	<p>Drink water instead of sugary drinks.</p> 	<p>Help cook one dinner.</p> 	<p>Jump rope 20 times.</p> 	<p>Ride a bike for 30 minutes.</p> 
<p>Share fruit with a friend.</p> 	<p>Play outside for 20 minutes.</p> 	<p>Dance for 20 minutes.</p> 	<p>Eat one cup of a vegetable.</p> 	<p>Wash your hands before you eat.</p> 