



# Be a Food Hero!

# Spring Break Bingo

Name \_\_\_\_\_ Teacher \_\_\_\_\_ Grade \_\_\_\_\_

Did you complete this with a sibling/siblings? (please circle) Yes No

**Parent Instructions:** To earn a **Food Hero surprise**, your child should: (1) complete at least 5 Bingo tasks during spring break; (2) have you initial the Bingo square of each task they complete; and (3) return the Bingo card to their teacher by the Friday after spring break.

<p>Walk with your family for 15 minutes.</p> 	<p>Turn off all screens during mealtime.</p> 	<p>With an adult, visit <a href="http://www.foodhero.org">www.foodhero.org</a>. Together choose one new recipe to try.</p> 	<p>Drink 8 ounces of low-fat milk.</p> 	<p>Eat one cup of fruit.</p> 
<p>Make a smoothie with a fruit or veggie in it.</p> 	<p>Go screen-free and draw a picture.</p> 	<p>Play a screen-free game.</p> 	<p>Help plan one meal.</p> 	<p>Eat breakfast.</p> 
<p>Eat dinner with your family.</p> 	<p>Do 60 minutes of physical activity in one day.</p> 	<p>Choose a fruit or vegetable for a snack.</p> 	<p>Read a screen-free book.</p> 	<p>Do 20 jumping jacks.</p> 
<p> Go grocery shopping with your family and pick out one new fruit or vegetable for everyone in your family to try.</p>	<p>Drink a glass of water instead of a sugary drink.</p> 	<p>Help cook one meal.</p> 	<p>Play at a park for 30 minutes.</p> 	<p>Eat a whole grain food, like brown rice, or whole wheat pasta.</p> 
<p>Share fruit with a friend.</p> 	<p>Play outside for 20 minutes.</p> 	<p>Dance for 20 minutes without watching a screen.</p> 	<p>Eat one cup of a vegetable.</p> 	<p>Wash your hands before you eat.</p> 



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