



Be a Food Hero!

Bingo at Home

Name _____ Grade _____

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

Parent Instructions: (1) complete at least 5 Bingo tasks; (2) initial the Bingo square as each task is completed; and (3) celebrate when your child gets a Bingo or completes all the squares!

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| <p>March in place for 15 minutes.</p>  | <p>Turn off all screens during mealtime.</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.</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>Make a list of your family's favorite fruits and vegetables.</p>  | <p>Drink a glass of water instead of a sugary drink.</p>  | <p>Help cook one meal.</p>  | <p>Find the Food Hero theme song at: https://www.foodhero.org/kids</p>  | <p>Eat a whole grain food, like brown rice, or whole wheat pasta.</p>  |
| <p>Eat two different colors of fruit in one day.</p>  | <p>Walk around your home 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>  |