

# NUTRITION BINGO

## Things To Do

- ⇒ Pass out a "Nutrition Bingo" card to each player
- ⇒ Instruct them to write one word in each box in a RANDOM MANNER from the 25 categories listed
- ⇒ The caller reads a definition from the study sheet making sure to mark off the ones called by numbering them in the order called
- ⇒ It is up to the player to interpret the question and guess the correct answer
- ⇒ Participants may not look at their study sheet for the answer
- ⇒ When players have chosen a word they feel fits the definition, they mark that word with a star, check, or colored marker (so it can still be read and the card can be used again using another symbol or color for the next game) and the number of the order it was called
- ⇒ When a player has five categories in a row marked off they yell "BINGO"
- ⇒ When a player thinks they have won, have them read back the categories they have covered. Make sure they match the definitions and corresponding number you have read. (Many times a person will have answered the question wrong, if so, continue the same game until another winner is found). If a player has matched five categories correctly they are a winner!

## Helpful Hints:

- ⇒ Incorporate Nutrition Bingo into a pot luck or other event
- ⇒ Have healthy snacks available during the game
- ⇒ Post promotional flyers
- ⇒ Decide on a location for the event
- ⇒ Photo copy study guide and distribute to employees or students a week prior to event
- ⇒ Photo copy bingo cards for participants
- ⇒ Have pens or pencils available for participants to use
- ⇒ Decide incentives and prizes to promote participation