

Four Food Bingo

(Grades 2 to 7)

Overview

Students will have the opportunity to explore food group classification while playing a classic, fun game.

Estimated time: 30 minutes

Materials

- Food pictures (collect your own, or use the pictures provided in the [Food Classification Games](#) activity)
- Class set of Bingo Cards (template on last page)
- BINGO chips (you can use dried beans instead of chips)

Procedures

1. Collect a set of food pictures. Your set should include several foods from each food group.
2. Have students develop their BINGO Card by drawing or writing in the name of foods for each square. Students must select from among the set of food pictures.
3. Play Bingo:
 - Assign one student to be the caller.
 - Place the food pictures in a box.
 - The caller selects a food picture and calls it out to the class.
 - Students with a matching picture on their BINGO card mark off the matching square.
 - The first student with a complete row either across or diagonally wins a Balanced Meal BINGO. A student who completes a Food Group column can also be a BINGO winner.
 - Have the class verify that all the foods in a row or column are correctly classified.



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More information for Teachers

To offset food costs, find out about [mini food grants](#).

Refer to [Kitchen Equipment for your Classroom](#) for more preparation and food safety tips.

Curriculum Links

This lesson supports Big Ideas and Learning Standards in the Physical and Health Education [BC curriculum](#) and can also link to other subject areas.

Background

By exploring foods from the four food groups, students gain further exposure to commonly available and affordable foods that also provide the nutrients they need to grow and be healthy.

Want to do more nutrition education with your class?

Explore our other [lesson plans](#) or book a [free 1-hour workshop](#).

Name: _____



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| Vegetables and Fruit | Grain Products | Milk and Alternatives | Meat and Alternatives |
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