

# Educators

*Journey into Nutrition Education*

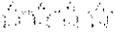
## Food Model Activities

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## Five Food Group Bingo

B I N G O

**Grade Level:** Primary and Upper Elementary

**Rating:** 



REVIEW THIS LESSON!

### Activity Synopsis

A fun game of Bingo provides students with practice naming and categorizing foods into the Five Food Groups.

### Activity Outcome

Students will be able to:

- Name and categorize foods into the correct food groups

### Materials and Advance Prep

- Download and photocopy the [Bingo Card](#) - 1 per student
- Food Models
- Paper bag or large basket
- Place Food Models in bag or basket
- Pencils

### What To Do

1. Distribute one Bingo Card per student.
2. Randomly select a Food Model from the bag or basket.
3. Ask students to identify the food.
4. Have participants write the name of the food in one of the squares for that food group on their cards. For example, if a muffin is shown, students write 'muffin' in one of the Grain Group squares. Inventive spelling is acceptable.

Note: The food group icon on the back of the food model indicates to which food group it belongs.

5. The first player to fill five squares horizontally, vertically or diagonally wins.
6. As a check, have the winner read off the name in the winning food/food group squares.

# Food Model Bingo

MILK	MEAT	VEGETABLE	FRUIT	GRAIN
COMBINATION	"OTHER"	MILK	MEAT	VEGETABLE
FRUIT	GRAIN		COMBINATION	"OTHER"
MILK	MEAT	VEGETABLE	FRUIT	GRAIN
COMBINATION	"OTHER"	MILK	MEAT	VEGETABLE