

Food and Nutrition BINGO

FIND A PERSON IN THIS CLASS WHO.....



has cooked dinner for your family	has read a food label	knows what "blanch" means	eats between 7-8 servings of fruits and veggies a day and can name one
can name five kitchen appliances	knows what a serving size is	knows what "broil" means	eats between 6-7 servings of grain products a day and can name one
has baked a cake	knows how many calories a day a teenager should consume	knows what "dice" means	eats between 3-4 milk products a day and can name one
knows what the difference between a tsp and a tbsp is	knows how to wash your hands properly	knows what "fold in" means	eats between 2-3 meat and alternatives per day and can name one