

MyPyramid Bingo

Version I - Simple version to teach MyPyramid Food Groups

Supplies

MyPyramid bingo cards (7 different cards available)
small bathroom dispenser cups
cheerios or dried beans
calling cards (MyPyramid Food Groups)
prizes (winner cards, fresh fruit, etc.)

Instructions

Place cheerios or dried beans in cups. These are to be used as bingo game pieces. (It may be safer and more fun to use cheerios for young children.) Distribute bingo cards and cheerios or dried beans to players. Instruct them to put a game piece in the free space on their card. Tell them you will be calling out a food group and they are to place a game piece on a food on their card that belongs to that food group. The game caller must first cut out the calling cards then shuffle them. With the deck of cards face down pick the top card and call out the name of the food group written on the card. The players need to line up game pieces vertically, horizontally or diagonally to win the game. When they fill in a line with their game pieces they must yell out loud "MyPyramid Bingo" for everyone to hear. For young children you will need to visually show them what they need to do in order to win. The first person to yell out "MyPyramid Bingo" must have their answers checked before they are declared the winner.

To check the card of a person who yells bingo ask them to tell you the name of each food they chose and the food group it belongs to. They are a winner if the answers are in a horizontal, vertical or diagonal line and they can correctly name the food group to which each food belongs. Enclosed are optional winner game cards to use as prizes. Other suggestions for prizes would be a healthy snack, MyPyramid mini-poster, a pencil, etc.



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EDUCATION PROGRAM

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CALLING CARDS

OILS USE SPARINGLY	MEAT & BEAN GROUP	FRUIT GROUP	VEGETABLE GROUP	GRAIN GROUP
MEAT & BEAN GROUP	MILK GROUP	FRUIT GROUP	VEGETABLE GROUP	GRAIN GROUP
MEAT & BEAN GROUP	MILK GROUP	FRUIT GROUP	VEGETABLE GROUP	GRAIN GROUP
MEAT & BEAN GROUP	MILK GROUP	VEGETABLE GROUP	VEGETABLE GROUP	GRAIN GROUP
MEAT & BEAN GROUP	FRUIT GROUP	VEGETABLE GROUP	VEGETABLE GROUP	GRAIN GROUP

Winner Cards

<p>This is to certify that</p> <hr/> <p>is a MyPyramid Bingo Winner!</p> 	<p>This is to certify that</p> <hr/> <p>is a MyPyramid Bingo Winner!</p> 	<p>This is to certify that</p> <hr/> <p>is a MyPyramid Bingo Winner!</p> 	<p>This is to certify that</p> <hr/> <p>is a MyPyramid Bingo Winner!</p> 
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