

FOOD BINGO!



Building your little one's food knowledge is one of the first steps to deal with fussy eating. Increased exposure to a range of different food can promote liking and intake of familiar foods and new foods.

Instructions:

Step 1. For this activity you will be playing a game of Bingo with your little one.

Step 2. Print a copy of the bingo cards and the bingo board.

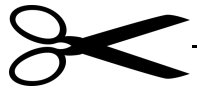








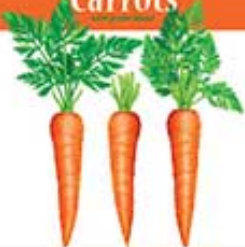


















Step 3. Give the bingo board to your little one and cut out the cards separately.

Step 4. As you draw out the cards of different foods, ask your little one to match the card with the matching picture on their game board.





















Step 5. Your little one yells out Bingo! when they get a full line to win!

Cards for the parent to cut out



Tomatoes	Orange Bell Pepper	Lemons	Avocado	Blueberries
				
Red Bell Peppers	Carrots	Califlower	Broccoli	Blackberries
				
Pomegranate	Persimmon	Yellow Onion	Celery	Purple Beets
				
Strawberries	Pumpkin	Squash	Kale	Red Cabbage
				
Red Raspberries	Oranges	Potatoes	Artichoke	Eggplant
				

BINGO

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