

## BINGO Questions

### Get Moving!

1. Adults should get \_\_\_\_\_ minutes of physical activity on at least 5 days of the week.  
**30**
2. Children need \_\_\_\_\_ minutes of active play each day.  
**60**
3. Children two and older should limit TV to less than \_\_\_\_\_ hours per day.  
**2**

### Plan, Shop, \$ave

4. It is helpful to have a \_\_\_\_\_ with you when you are purchasing food at the store.  
**Grocery list**
5. On a Nutrition Facts Label, the \_\_\_\_\_ tells you the amount of a nutrient in one serving of the food compared to the amount recommended for a 2000 calorie diet.  
**Percent daily value**
6. The \_\_\_\_\_ is the cost per ounce of a food item.  
**Unit price**

### Fruits \$ Veggies: Half Your Plate

7. Make \_\_\_\_\_ of your plate fruits and vegetables.  
**Half**
8. You can save money on fruits and vegetables by buying them in \_\_\_\_\_.  
**Season**
9. Choosing different \_\_\_\_\_ of fruits and vegetables is an easy way to get variety.  
**Colors**

### Make Half Your Grains Whole

10. A good way to tell if bread is whole grain is to look for \_\_\_\_\_ whole wheat on the package.  
**100%**
11. Foods that contain at least \_\_\_\_\_ or more of the percent daily value are considered high fiber.  
**20%**
12. \_\_\_\_\_ is a meal that is important for the whole family, especially children.  
**Breakfast**

### **Build Strong Bones**

13. Adults need \_\_\_\_\_ cup equivalents of foods high in calcium each day.

**3**

14. If people don't get enough calcium throughout life, a disease called \_\_\_\_\_ can result.

**Osteoporosis**

15. \_\_\_\_\_ foods like milk, yogurt, cheese, and cottage cheese are good sources of calcium.

**Dairy**

### **Go Lean with Protein**

16. Use \_\_\_\_\_ as a unit of measure to count foods in the protein group.

**Ounce equivalents**

17. Meat should be thawed in the \_\_\_\_\_.

**Refrigerator or Microwave**

18. The only way to tell when foods are cooked to safe internal temperatures is to use a \_\_\_\_\_.

**Food thermometer**

### **Make a Change**

19. Butter, lard, coconut oil, palm oil, and cocoa butter should be limited because they contain high amounts of \_\_\_\_\_ fat.

**Saturated**

20. \_\_\_\_\_ is the best choice to drink because it has no sugar and calories.

**Water**

21. Adults should limit their sodium to no more than 2,300mg per day, or one \_\_\_\_\_.

**Teaspoon**

### **Celebrate! Eat Smart & Be Active**

22. Who should decide what food to serve and where it is served?

**The parent**

23. Who should decide how much a child should eat?

**The child**

24. Who should decide whether or not a child should eat?

**The child**

**Answers on BINGO cards:**

Teaspoon  
Saturated  
Season  
100%  
20%  
Half  
The child  
30

2  
Food thermometer  
The parent  
Refrigerator or Microwave  
Grocery list  
3 cups  
Percent daily value  
Colors

Breakfast  
Dairy  
Osteoporosis  
The child  
Ounce equivalent  
Unit price  
60  
Water