

Materials	Paper, markers, scissors, hat or container
Learning Outcome	Identify a variety of healthy foods for each food category and describe characteristics about these healthy foods.

Description

Divide a piece of paper into a table with 4 columns and 5 rows with a total of 20 squares. Above each column write one letter of F-O-O-D. For each column, ask the child to draw healthy foods for the following food categories:

- F = vegetables
- O = fruits
- O = whole grain foods
- D = protein foods

If the child needs support with ideas of what to draw, visit [Canada's Food Guide](#) and look at the different foods on the plate. When they have completed their drawing, draw similar pictures on smaller pieces of paper to use to call out during the game.

Place these call cards into a hat or container. If there is more than one player, each player should draw the same foods on their paper but in a different order in the appropriate column. One person acts as the caller and pulls a card out of the hat or container.

Instead of saying the name of the food, they provide clues (e.g., it is yellow, it is sweet, etc.) and have the player(s) guess what food it is. When they guess correctly, players place a marker on their card where that food is drawn.

The first player to make a row on their cards calls out "Healthy Foods Bingo". If the answers are correct, players clear their BINGO card and start a new round.

Healthy Eating Competencies



THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- What meals could you make out of the foods you drew on your FOOD card?
- Were there any foods that you enjoy eating that you did not draw on your FOOD card? What were they and why were they not on the card?