

# Nutrition Education BINGO Boards

[www.NutritionFromTheHart.com](http://www.NutritionFromTheHart.com)

## REFRIGERATOR BINGO

Hang this BINGO board on your fridge. When you eat a food from one of the food groups, write the food's name in a box in the correct column. How quickly can you fill all of the squares?

Whose board is this? \_\_\_\_\_

BINGO				
FRUIT	VEGETABLES	GRAINS	PROTEIN	DAIRY
				




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