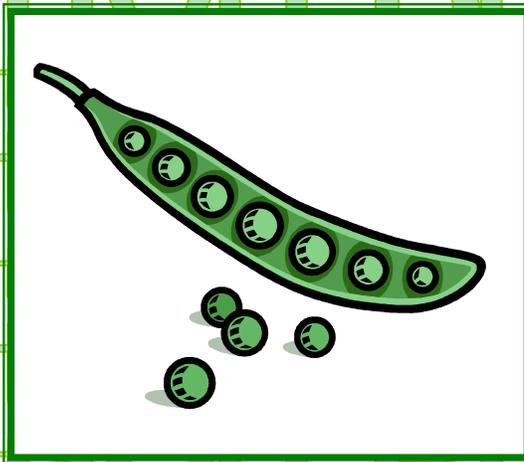


Food Group: Vegetables  
Lesson 3



Activity: Vegetable Bingo

### 1) Materials:

- Blank Bingo card for each child
- Some type of marker for each child. Some ideas:
  - Small squares of paper
  - Pennies
  - Pencil (cross out the square)
  - Beads
  - Marshmallows
- Bingo calling squares (cut apart and placed in a large envelope or gallon size baggie)
- 1 set of vegetable squares per child (they will assemble their own card) You will have to cut them apart and place them in envelopes or baggies (this will make the activity run smoother, however with older children they could cut apart their own squares)
- Glue or tape

### 3) Activity:

Once all the children have their card assembled, pass out the markers for their cards

Make sure everyone knows how to play Bingo: when you call off a vegetable they should mark it on their card, when someone has a straight line across, down or diagonally on their card they yell "Vegetable Bingo"

Once everyone knows how to play begin by drawing a vegetable square out of the calling square envelope or bag. Once a vegetable is called lay it on a table and draw another vegetable from the bag

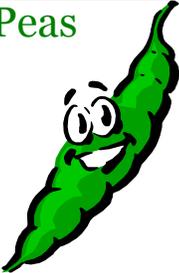
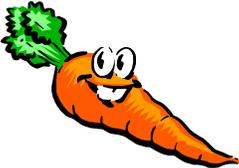
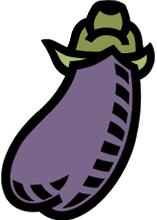
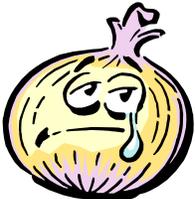
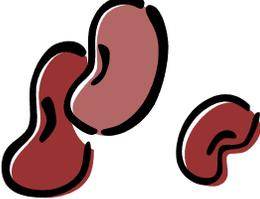
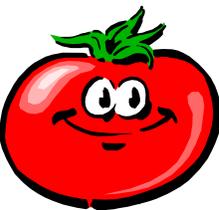
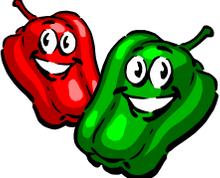
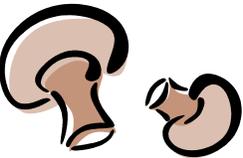
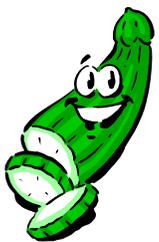
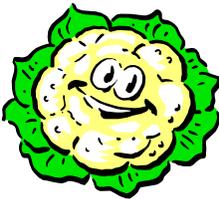
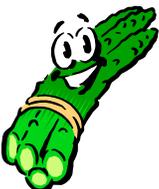
### 2) Introduction to lesson:

- Introduce yourself and any helpers to child(ren) if they do not already know you
- Tell the children today we will be playing vegetable Bingo
- Hand out one blank Bingo card to each child
- Give each child 1 set of vegetable squares
- Have the children glue all the vegetable squares onto their blank Bingo card in the order they would like (make sure to keep them moving so you have time to play the game)

### 4) Wrap-Up

- Thank the child(ren) for participating
- Fill out the capsule evaluation/report form and send to the state office

# Vegetable Bingo


<p>Peas</p> 	<p>Corn</p> 	<p>Carrots</p> 	<p>Lettuce</p> 	<p>Squash</p> 
<p>Eggplant</p> 	<p>Zucchini</p> 	<p>Bok Choy</p> 	<p>Artichoke Heart</p> 	<p>Beets</p> 
<p>Radishes</p> 	<p>Onions</p> 	<p>Kidney Beans</p> 	<p>Green Beans</p> 	<p>Potatoes</p> 
<p>Brussel Sprouts</p> 	<p>Tomato</p> 	<p>Bell Peppers</p> 	<p>Mushroom</p> 	<p>Cucumber</p> 
<p>Broccoli</p> 	<p>Cauliflower</p> 	<p>Turnip</p> 	<p>Celery</p> 	<p>Asparagus</p> 



# Evaluation & Report Form

**Chapter:** \_\_\_\_\_ **Report Filled Out By:** \_\_\_\_\_

**Type of site:** \_\_\_\_\_

**Target Group:** (Nutrition Buddies Projects must focus on eligible nutrition education activities provided in schools or groups with **50% or higher** number of students receiving free national school lunch)

- Entire School                       Church group  
 Specific grade level (what grade)     Community partner \_\_\_\_\_  
 After school group                       One on One Mentorship  
 Other: \_\_\_\_\_

**Audience:**

**New Nutrition Buddies**

*(If unknown include all Buddies as new)*

Number in age group

Birth to 5 \_\_\_\_\_ 6 to 10 \_\_\_\_\_

11 to 14 \_\_\_\_\_ 15 to 18 \_\_\_\_\_ **Totals=** \_\_\_\_\_

**Returning Nutrition Buddies**

*(If unknown include all Buddies as new)*

Number in Age Group

Birth to 5 \_\_\_\_\_ 6 to 10 \_\_\_\_\_

11 to 14 \_\_\_\_\_ 15 to 18 \_\_\_\_\_ **Totals=** \_\_\_\_\_

\_\_\_\_\_ Total number of youth that participated

\_\_\_\_\_ Percentage of youth who receive reduced or free lunches (must be at least 50%)

\_\_\_\_\_ Family Audience Taught (if applicable)

**Describe evidence of learning you witnessed in the child(ren) from the beginning of the capsule session to the completion of the capsule** (Ex. They listed 4 foods in the group at the beginning but learned 6 more foods while completing the worksheet)

**Based on your observations rank the child(ren)'s level of knowledge (0-10) on this food group at the beginning of the capsule session and at the end of the capsule session.** 0-little to no knowledge – 10-know it all!

Beginning \_\_\_\_\_

Completion \_\_\_\_\_

Comments:

Comments:

**List any comments you have on this capsule and/or ways it could be improved:**