Breakfast Bingo

To Make Game Boards and Cards:

There are six game boards on pages 22-27. Each game board has pictures from a food group (meat/meat alternates, milk, fruit, vegetable, and grain groups). You will need one set of copies to make a set of cards. Make one copy of the game boards. Cut these copies into cards. Place the cards face down in a box. Make more copies of the game pages to make one game board for each child in your care. If desired, paste game boards onto cardboard for a reusable game.

To Play:

Cooperative Games for Young Children

Matching Game #1: Place the 4 different game boards in a row. Let the children take turns drawing a card from the box. Let the child match the card to the picture on the game board. This game can help children match and classify foods into different food groups. Once the box is empty, the game is over.

Matching Game #2: Give each child a game board. Let the children take turns drawing a card from the box. If the card matches the food on the child's board, let the child place it on his/her board. If it doesn't match, the card can go back into the box or the child can give it to the child with the board for that food group. Once the box is empty, the game is over.

Competitive Game for Older Children

Breakfast Bingo: Give each child a board. Give each child markers, such as bingo chips, pennies, or paper clips to mark their bingo card. The children take turns drawing cards from the box. If the card matches the food on the child's board, let the child mark his/her board. The child who fills his/her board first wins!

Adapted from: Learning Games You Can Make for Preschool Children, Daisy Curriculum, 1994.

Information and food groups apply to the *Child and Adult Care Food Program*:

* Meat is not required at breakfast, but can be served as an extra item.
* Milk is the only food that can be claimed for meals and snacks in the "Milk" category.

For information on the food groups in the USDA MyPyramid, visit www.MyPyramid.gov.
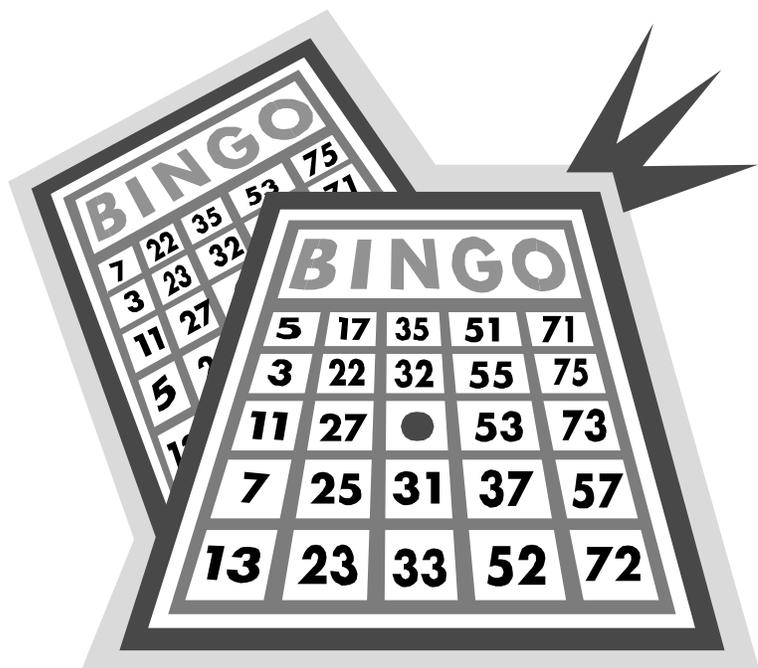
Breads/Grains Group		
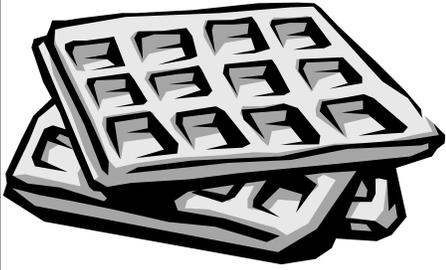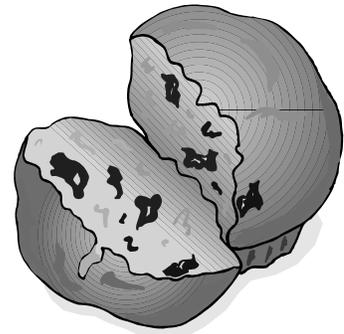
Waffles	Cereal	Muffin
Oatmeal	Toast	Pancakes
Bagel	Croissant	Rice
Whole Wheat Bread	Rolls	Cornbread
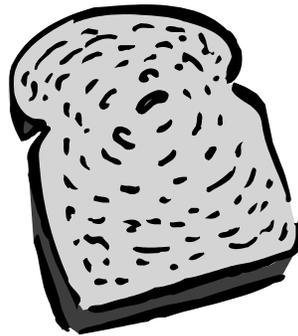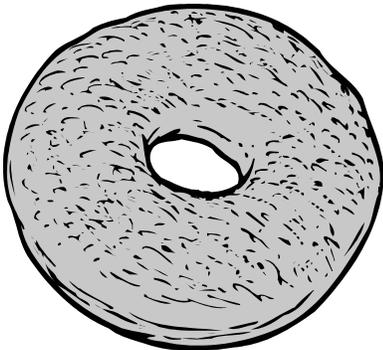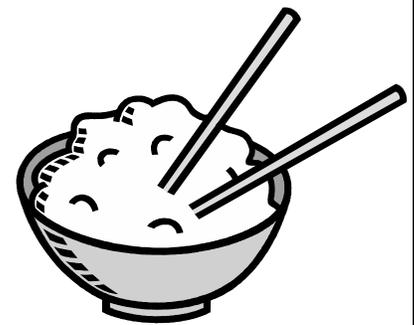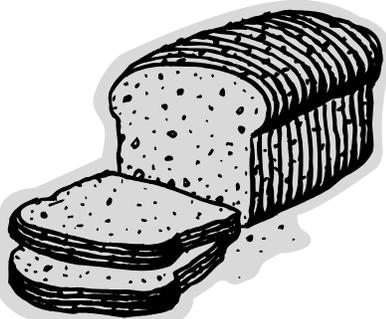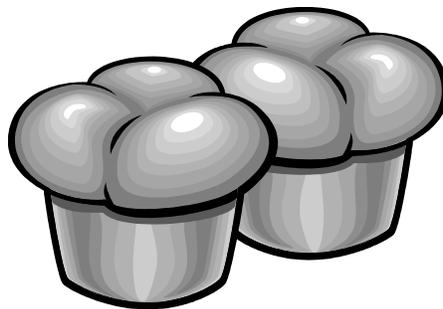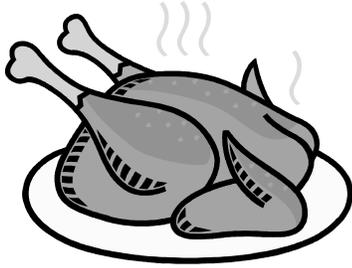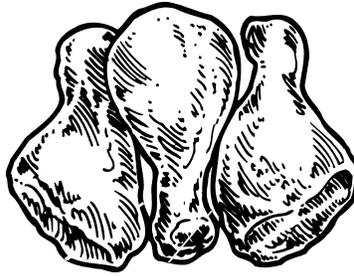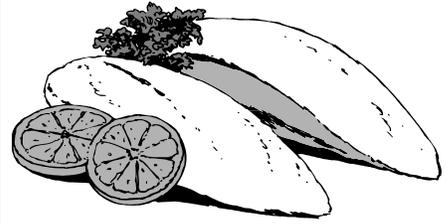
Turkey	Chicken	Fish
Ham	Lunch Meat	Beef
Pork Chops	Beef Ribs	Sausage
Turkey Bacon	Canadian Bacon	Tuna
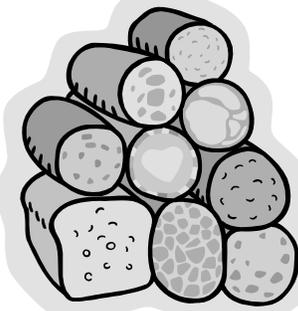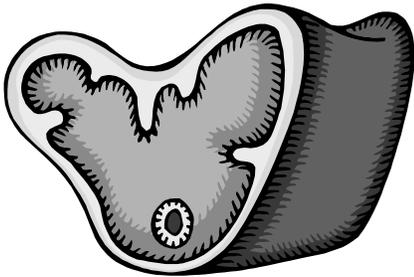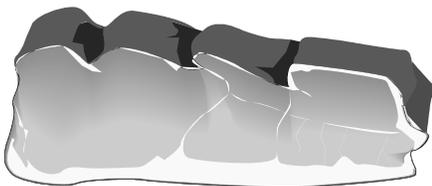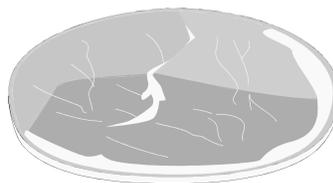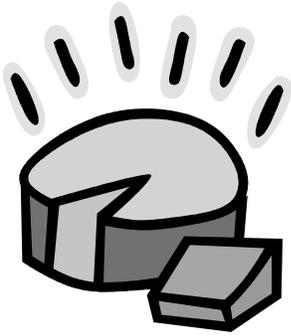
Cheddar Cheese	Split Peas	Pinto Beans
Lentils	Swiss Cheese	Yogurt
Egg	Mozzarella Cheese	Kidney Beans
Cottage Cheese	Peanut Butter	Nuts
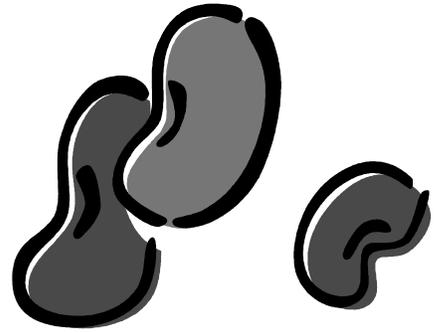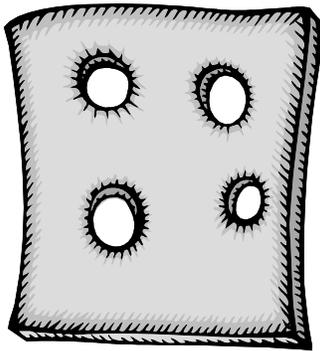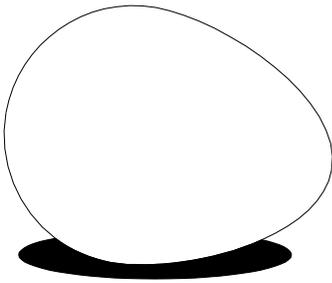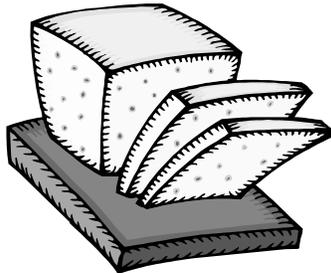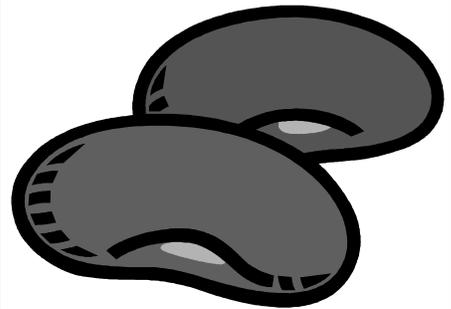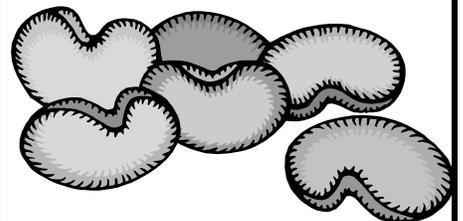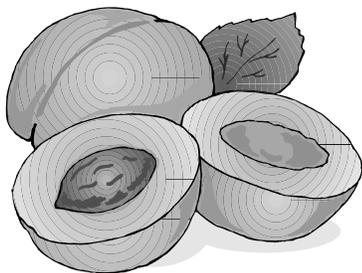
	Fruit	
Apricots	Strawberries	Cantaloupe
Mandarin Oranges	Fruit Salad	Mango
Grapefruit	Orange Juice	Papaya
Honeydew Melon	Nectarine	Blackberries
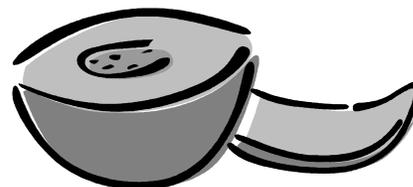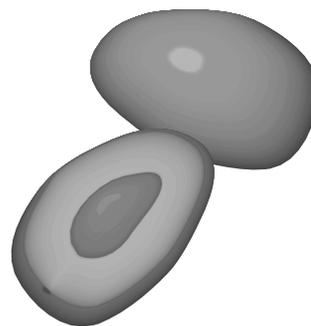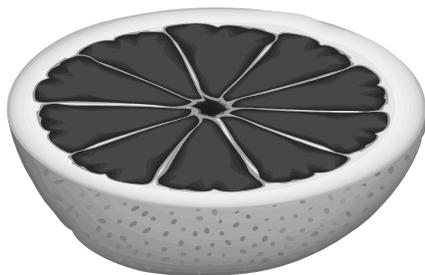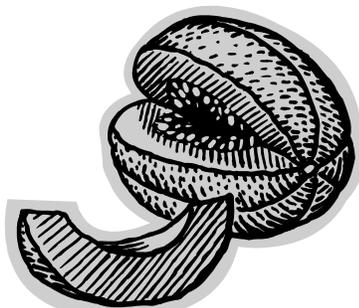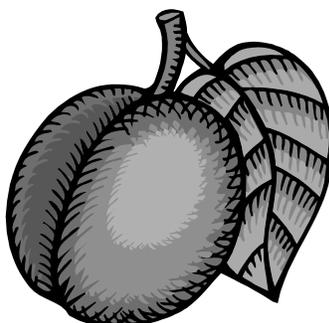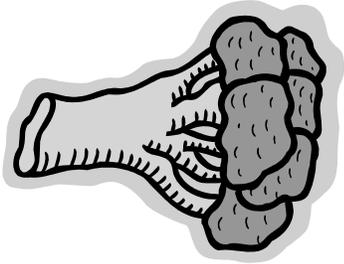
Vegetables		
Broccoli	Cucumbers	Corn
Mushrooms	Salsa	Avocado
Tomato	Green Peppers	Potatoes
Spinach	Sweet Potatoes	Asparagus
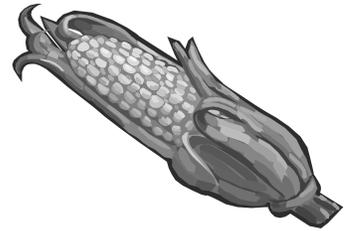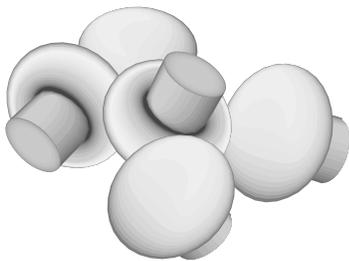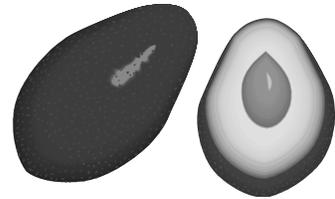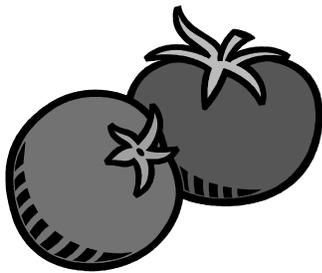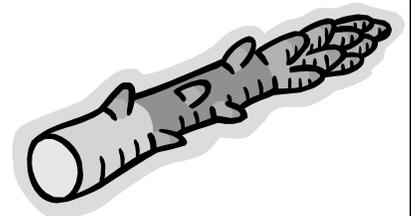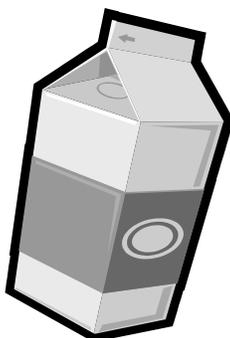
Milk		
Hot Cocoa (made with milk)	2% Milk	Eggnog
1% Milk	Buttermilk	Chocolate Milk
Steamed Milk	Vanilla Milk	Whole Milk
Strawberry Milk	Skim Milk	Fruit Smoothie (made with milk)