<table>
<thead>
<tr>
<th>Activity</th>
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<tbody>
<tr>
<td>Read a book or story about food.</td>
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<tr>
<td>Draw or write about your favorite food.</td>
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<tr>
<td>Eat a locally grown food.</td>
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<tr>
<td>Eat a green fruit or vegetable.</td>
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<tr>
<td>Read a food label.</td>
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<tr>
<td>Drink a glass of water.</td>
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<tr>
<td>Plan and/or plant an edible garden.</td>
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<tr>
<td>Include a fruit at breakfast.</td>
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<tr>
<td>Eat a healthy breakfast.</td>
</tr>
<tr>
<td>Eat an orange fruit or vegetable.</td>
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<tr>
<td>Make half your plate fruits or vegetables.</td>
</tr>
<tr>
<td>Include a vegetable at dinner.</td>
</tr>
<tr>
<td>Eat a red fruit or vegetable.</td>
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<tr>
<td>Help make a meal.</td>
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<tr>
<td>Choose a protein food like beans, fish, lean meats and nuts.</td>
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<tr>
<td>Set the table.</td>
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<tr>
<td>Try a new food.</td>
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<tr>
<td>Eat a snack made of at least 2 food groups.</td>
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<tr>
<td>Choose a whole grain food.</td>
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<tr>
<td>Wash your hands before eating.</td>
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<tr>
<td>Eat a low-fat dairy food.</td>
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<tr>
<td>Eat a meal together as a family.</td>
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<tr>
<td>Eat a plant-based protein.</td>
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<tr>
<td>Read a recipe.</td>
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</tbody>
</table>

Always ask an adult for permission.

Share your BINGO using the hashtags #FuelingGA and #KeepGAFed