



## Welcome to Food Bingo, the fun way to get kids to try new foods!

### Safety Considerations:

Food Bingo is an interactive game, and kids will be eating as they play, so please be sure to screen children for any food allergies or sensitivities before playing to keep everyone safe. Also be aware of foods that may be a choking hazard, especially when playing with toddlers or young children.

### Preparation:

It helps to get the following supplies ready before you play:

- Printed Cards or Digital Cards (see below for more information on digital cards) for each player.
- Bingo Caller's Card - we recommend printing 2 copies of the Bingo Caller's Card (see page 3). One copy will be used to cut out the individual food squares to fold up and put in a hat or bowl. The other copy will be used to check off the foods that have already been called.
- Bingo Chips, which can be anything you have readily available, including macaroni noodles, paperclips, raisins, construction paper cut up into small squares etc. Another option is to laminate the cards, and the kids can cross off foods with dry-erase markers.
- Small servings of each food on the card for each player. Give each child several pieces of each food on the game card, including more if you have larger bingo cards or plan to play several rounds. Each child may have their own plate with little mounds of each food, or use a muffin tray, muffin cups or ramekins to separate each food.
- Note: this game can also be played without food at all as a more traditional bingo game, which is still a great way to introduce kids to new foods!

### Digital Cards:

If you don't have access to a printer, or prefer to conserve paper, Food Bingo can be played by providing each player with a digital snapshot of a bingo card. Each child will need a device (tablet, phone etc). The easiest way to do this is simply use the device's camera to take a snapshot of a different bingo card for each child. The snapshot can be taken from the food bingo pdf opened on a computer or tablet. Each bingo card has a unique ID at the top to make sure everyone has a different card. Players can either physically set Bingo Chips on the device to keep track, or they can use a photo markup tool to draw an X over the foods as they play. \*\* Be sure to change the auto-lock settings on the device to make sure the screen doesn't lock in the middle of the game\*\*.

**Play:**

1. If the cards include a free square, everyone can start by putting a chip on their free square.
2. The 'Caller' will explain to the players what they have to do in order to place a bingo chip. Options may include:
  - a. Players must eat a piece of the food called before placing a chip.
  - b. Players must hold or smell the food before placing a chip (this can help kids who experience extreme resistance to trying new things).
  - c. If playing without food, players simply place a chip when they hear the name of the food.
3. The Bingo Caller will pull one of the folded squares from the hat or bowl, read the food name to the group & show them the picture. Players who eat (or smell etc) the food called may place a chip on their bingo card for the food that was called. Some bingo cards will have repeated foods, so players may have a choice of where to set their chip for each food.
4. The game continues until a player's chips have formed a complete horizontal row, vertical column or a diagonal in the case of a 3x3 or 5x5 card. Winning diagonally is not possible on a 4x4 card.
5. The player calls out 'BINGO' when they have won. At this point a new game can be started, or you can continue to play until everyone has reached 'BINGO'.

**Saving & Sharing:**

Please store your Food Bingo PDF in a safe place on your computer so you can print it or use it as often as you'd like. Feel free to share your cards with friends or on social media; we just ask that you don't edit them before sharing. Please visit <https://www.foodbingogame.com> for more information or to contact us.

# Food Bingo Caller's Card:

We recommend printing 2 copies of the **Food Bingo Caller's Card** . Cut one copy into squares to fold up and put in a hat or bowl to draw from. Use the other copy to check off foods as they called during the game. Alternatively, you can just use one copy, select the foods randomly to call and check them off as you play.

 Celery	 Water	 Cracker	 Apple	 Pear
 Carrot	 Broccoli	 Pretzel	 Grape	 Carrot
 Strawberry	 Apple	 Cucumber	 Spinach	 Banana

Bingo Card ID 001

My Bingo Game			
 Cucumber	 Apple	 Carrot	 Spinach
 Grape	FREE SPACE	 Broccoli	 Banana
 Celery	 Cracker	 Carrot	 Pear
 Pretzel	 Strawberry	 Apple	 Water
<p>foodbingogame.com</p> <p>brought to you by  <b>BLAZINGBRAINS</b></p>			

Bingo Card ID 002

My Bingo Game			
 Cucumber	 Strawberry	 Cracker	 Carrot
 Pretzel	FREE SPACE	 Carrot	 Broccoli
 Apple	 Banana	 Spinach	 Celery
 Water	 Apple	 Pear	 Grape
<p>foodbingogame.com</p> <p>brought to you by  <b>BLAZINGBRAINS</b></p>			

## My Bingo Game

 Celery	 Carrot	 Carrot	 Banana
 Apple	FREE SPACE	 Grape	 Cucumber
 Pretzel	 Cracker	 Spinach	 Apple
 Pear	 Broccoli	 Water	 Strawberry

## My Bingo Game

 Pear	 Carrot	 Celery	 Spinach
 Strawberry	FREE SPACE	 Grape	 Apple
 Carrot	 Apple	 Pretzel	 Cucumber
 Water	 Broccoli	 Cracker	 Banana

Bingo Card ID 005

# My Bingo Game

 Apple	 Carrot	 Strawberry	 Cucumber
 Water	<b>FREE SPACE</b>	 Grape	 Banana
 Spinach	 Celery	 Carrot	 Pear
 Cracker	 Apple	 Pretzel	 Broccoli

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Bingo Card ID 006

# My Bingo Game

 Pear	 Spinach	 Apple	 Carrot
 Broccoli	<b>FREE SPACE</b>	 Cracker	 Pretzel
 Apple	 Banana	 Strawberry	 Celery
 Carrot	 Water	 Grape	 Cucumber

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## My Bingo Game

 Strawberry	 Grape	 Apple	 Pretzel
 Broccoli	<b>FREE SPACE</b>	 Cracker	 Pear
 Apple	 Banana	 Water	 Carrot
 Celery	 Spinach	 Carrot	 Cucumber

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## My Bingo Game

 Carrot	 Cucumber	 Strawberry	 Spinach
 Cracker	<b>FREE SPACE</b>	 Pear	 Apple
 Celery	 Broccoli	 Banana	 Pretzel
 Apple	 Carrot	 Water	 Grape

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## My Bingo Game

 Broccoli	 Pear	 Grape	 Cracker
 Strawberry	<b>FREE SPACE</b>	 Celery	 Cucumber
 Water	 Pretzel	 Carrot	 Apple
 Spinach	 Apple	 Carrot	 Banana

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## My Bingo Game

 Apple	 Cucumber	 Strawberry	 Celery
 Water	<b>FREE SPACE</b>	 Apple	 Carrot
 Pear	 Broccoli	 Cracker	 Spinach
 Pretzel	 Banana	 Grape	 Carrot

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