

Chef Solus Food Group Bingo Game Instructions

Here are all the printables that go with the Food Groups Bingo Game:

- A. The Bingo Food Group Cards (1-5) Each sheet has 2 cards. If you print out all five cards, then 10 kids can play bingo.
- B. The Chef Solus Bingo Markers: This page is optional, but you can cut out the bingo markers and children can use them to cover the spots on their bingo cards as food items are called out.
- C. Bingo Group Call Sheet: This page has the foods with their names shown. Each food item should be cut out and placed in a bowl or bag to be drawn. The bingo caller pulls that cards from the bowl or bag and calls out the name of the food item. Children then scan their bingo card and see if they have that food item. If so, they cover it up.
- D. Food Groups - Bingo Board: This looks just like the card sheet, but you do not cut up the individual food items. Instead, this is your board where the bingo caller will place the food cards that are drawn from the bag. The board is the reference to check the food items when a bingo is called.

Before you play:

1. Print out the Bingo Food Groups Cards for Kids.. There are 5 pages (2 bingo cards on each page) for a total of 10 different bingo cards. You may want to paste the bingo cards on construction paper and laminate to make them last.
2. Print out the “Chef Solus Bingo Food Groups Call Sheet which has all the food characters. Cut each food square and place them in a bag or bowl. You may want to adhere food squares to construction paper and laminate so they will last.
3. Print out the Chef Solus Bingo Food Groups Game Bingo Board. It is a four pages long. You can paste this onto a long cardboard. This is the board where the food squares are placed as they are drawn.
4. Optional: Print the Chef Solus Bingo Markers and cut up each square. Depending on the number of players, you may need to print more than one page.
5. Select a bingo caller. This person will draw the bingo food squares and place them on the bingo board.




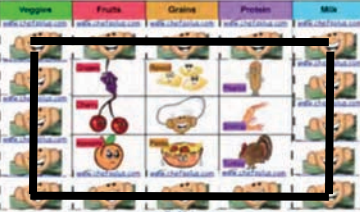

Starting the game:

1. Have each person select a bingo card.
2. Place all the bingo food squares into a bag or bowl.
3. The caller will pull out one food square, describe it and show it to the other players. The caller will then place the food square onto the bingo board.
4. Each player will place a marker on the square that matches the food square called.
5. Once a bingo pattern is made on a card, the player will call out Food Bingo.
6. The bingo is checked against the food squares drawn and placed on the board.
7. First player to make a bingo wins!

Optional: You can also have the caller ask a question about the food group, my plate or favorite foods for each square called. Points can be assigned for answering questions correctly.



Chef Solus Food Group Bingo Game Instructions

Bingo Pattern	Example
Lines	
T's	
U	
Square	
Blackout	

Chef Solus Food Group Bingo Games



Veggies	Fruits	Grains	Protein	Milk
Carrot	Apple	Wheat	Turkey	Frozen Yogurt
Corn	Coconut	Cereal	Beans	Nonfat Yogurt
Artichoke	Orange	Chef	Walnut	Soy Milk
Cauliflower	Lemon	Brown Rice	Fish	1% Milk
Asparagus	Pineapple	Taco Shell	Shrimp	Pudding























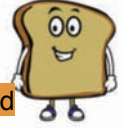


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Veggies	Fruits	Grains	Protein	Milk
Potato	Pear	Cracker	Sunflower Seeds	Swiss Cheese
Corn	Cherry	Bagel	Shrimp	Skim Milk
Artichoke	Apple	Chef	Steak	Nonfat Yogurt
Cauliflower	Apricots	Waffle	Egg	Pudding
Eggplant	Banana	Pasta	Peanut Butter	Soy Milk


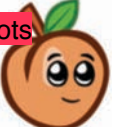











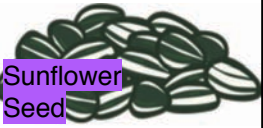



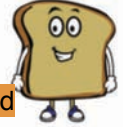




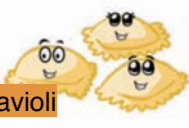


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Veggies	Fruits	Grains	Protein	Milk
Beet 	Apricots 	Cracker 	Shrimp 	Cheddar Cheese 
Asparagus 	Berries 	Cereal 	Peanut 	Skim Milk 
Artichoke 	Pear 		Hamburger 	Swiss Cheese 
Corn 	Lemon 	Macaroni 	Steak 	Flavored Milk 
Radish 	Grapes 	Bread 	Crabs 	Fruit Yogurt 


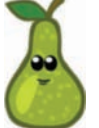





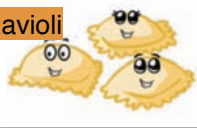

















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Veggies	Fruits	Grains	Protein	Milk
Broccoli 	Apricots 	Cereal 	Egg 	Yogurt 
Artichoke 	Lemon 	Macaroni 	Turkey 	1% Milk 
Corn 	Orange 		Sunflower Seed 	Cheddar Cheese 
Asparagus 	Avocado 	Bread 	Walnut 	Skim Milk 
Potato 	Cantaloupe 	Ravioli 	Beans 	Ice Cream 



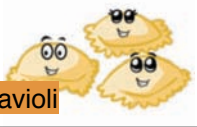
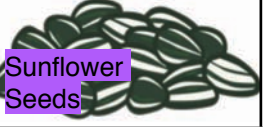





















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Veggies	Fruits	Grains	Protein	Milk
 Squash	 Pear	 Macaroni	 Fish	 Pudding
 Spinach	 Grapes	 Ravioli	 Peanut	 Skim Milk
 Eggplant	 Cherry	 Chef	 Shrimp	 Yogurt
 Cucumber	 Apricots	 Pasta	 Turkey	 Frozen Yogurt
 Beet	 Coconut	 Waffle	 Chicken	 1% Milk


















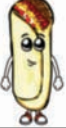







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Veggies	Fruits	Grains	Protein	Milk
 Asparagus	 Coconut	 Ravioli	 Sunflower Seeds	 Yogurt
 Corn	 Grapes	 Pasta	 Chicken	 Cheddar Cheese
 Spinach	 Strawberry	 Chef	 Fish	 Soy Milk
 Onion	 Cantaloupe	 Wheat	 Peanut Butter	 Pudding
 Carrots	 Pineapple	 Waffle	 Hamburger	 Cottage Cheese





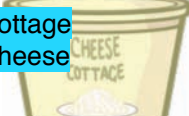




















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Veggies	Fruits	Grains	Protein	Milk
 Onion	 Avocado	 Popcorn	 Crabs	 Nonfat Yogurt
 Cucumber	 Pear	 Wheat	 Peanut Butter	 Flavored Milk
 Cauliflower	 Berries	 Chef	 Egg	 Iced Milk
 Broccoli	 Strawberry	 Tortilla	 Fish	 Ice Cream
 Spinach	 Banana	 Pasta	 Tofu	 Frozen Yogurt

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Veggies	Fruits	Grains	Protein	Milk
 Squash	 Apple	 Waffle	 Steak	 Cottage Cheese
 Radish	 Watermelon	 Brown Rice	 Hamburger	 Flavored Milk
 Artichokes	 Lemon	 Chef	 Peanut Butter	 Ice Cream
 Carrots	 Cherry	 Wheat	 Turkey	 Iced Milk
 Spinach	 Berries	 Oatmeal	 Lobster	 Fruit Yogurt

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Veggies	Fruits	Grains	Protein	Milk
Potato	Pear	Wheat	Hamburger	2% Milk
Squash	Pineapple	Brown Rice	Peanut Butter	Swiss Cheese
Corn	Strawberry	Chef Hat	Tofu	Cheddar Cheese
Asparagus	Banana	Cracker	Peanut	Fruit Yogurt
Beet	Apricots	Waffle	Walnut	Frozen Yogurt

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Veggies	Fruits	Grains	Protein	Milk
Lettuce	Apricots	Oatmeal	Lobster	Soy Milk
Cucumber	Grapes	Popcorn	Tofu	Fruit Yogurt
Potato	Pineapple	Chef Hat	Peanut Butter	1% Milk
Artichoke	Pear	Pretzel	Crabs	Frozen Yogurt
Beet	Strawberry	Ravioli	Egg	Flavored Milk

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Chef Solus Food Group Bingo Covers



Chef Solus Food Group Bingo Games

Bingo Cut Out Foods



Veggies	Fruits	Grains	Protein	Milk
				
artichokes	apple	bagel	beans	1% milk
				
asparagus	apricots	bread	chicken	2% milk
				
beet	avocado	brown rice	crab	cheddar cheese
				
broccoli	banana	cereal	egg	cottage cheese

Chef Solus Food Group Bingo Games

Bingo Cut Out Foods

 carrots	 berries	 cracker	 fish	 flavored milk
 cauliflower	 cantaloupe	 macaroni	 hamburger	 frozen yogurt
 corn	 cherry	 oatmeal	 lobster	 fruit yogurt
 cucumber	 coconut	 pasta	 peanut	 ice cream



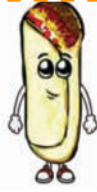












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Bingo Cut Out Foods

 eggplant	 grape	 popcorn	 peanut butter	 Iced milk
 lettuce	 lemon	 pretzels	 shrimp	 low fat yogurt
 onion	 orange	 ravioli	 steak	 pudding
 potato	 pear	 taco shell	 sunflower seeds	 skim milk





















Chef Solus Food Group Bingo Games

Bingo Cut Out Foods





















 radish	 pineapple	 tortilla	 tofu	 soy milk
 spinach	 strawberry	 waffle	 turkey	 swiss cheese
 squash	 watermelon	 wheat	 walnut	 yogurt

Chef Solus Food Group Bingo Games Bingo Board























Veggies	Fruits	Grains	Protein	Milk
				
artichokes	apple	bagel	beans	1% milk
				
asparagus	apricots	bread	chicken	2% milk
				
beet	avocado	brown rice	crab	cheddar cheese
				
broccoli	banana	cereal www.ChefSolus.com	egg	cottage cheese



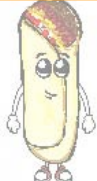












Chef Solus Food Group Bingo Games Bingo Board

Veggies	Fruits	Grains	Protein	Milk
				
carrots	berries	cracker	fish	flavored milk
				
cauliflower	cantaloupe	macaroni	hamburger	frozen yogurt
				
corn	cherry	oatmeal	lobster	fruit yogurt
				
cucumber	coconut	pasta	peanut	ice cream

Chef Solus Food Group Bingo Games Bingo Board

Veggies	Fruits	Grains	Protein	Milk
				
eggplant	grape	popcorn	peanut butter	Iced milk
				
lettuce	lemon	pretzels	shrimp	low fat yogurt
				
onion	orange	ravioli	steak	pudding
				
potato	pear	taco shell	sunflower seeds	skim milk

Chef Solus Food Group Bingo Games Bingo Board

Veggies	Fruits	Grains	Protein	Milk
				
radish	pineapple	tortilla	tofu	soy milk
				
spinach	strawberry	waffle	turkey	swiss cheese
				
squash	watermelon	wheat	walnut	yogurt