













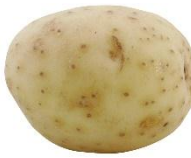







Nutrition for Outside School Hours Care • another NAQ Nutrition program

Children's willingness to try new foods is improved when the child recognises and is familiar with the food. Vegetable bingo is a great way to improve vegetable recognition.













Bingo pieces

Cut these pieces out and place in barrel or small container for bingo.













 Broccoli	 Celery	 Bok choy	 Bean
 Pumpkin	 Sweet potato	 Baby spinach	 Alfalfa sprouts
 Cauliflower	 Eggplant	 Corn	 Cabbage
 Lettuce	 Asparagus	 Potato	 Red capsicum
 Green capsicum	 Carrot	 Zucchini	 Mushroom

Print the bingo cards on the following pages for the children to use to play bingo.













Bingo card

 Cauliflower	 Cabbage	 Lettuce
 Carrot	 Mushroom	 Eggplant
 Broccoli	 Celery	 Bean
 Sweet potato	 Corn	 Green capsicum













Bingo card

 Celery	 Pumpkin	 Alfalfa sprouts
 Cauliflower	 Cabbage	 Lettuce
 Eggplant	 Carrot	 Broccoli
 Mushroom	 Bok choy	 Red capsicum

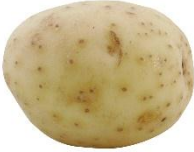











Bingo card

 Red capsicum	 Carrot	 Broccoli
 Eggplant	 Celery	 Baby spinach
 Cauliflower	 Cabbage	 Lettuce
 Potato	 Bean	 Bok choy













Bingo card

 Zucchini	 Corn	 Sweet potato
 Celery	 Broccoli	 Asparagus
 Carrot	 Mushroom	 Pumpkin
 Cauliflower	 Cabbage	 Lettuce













Bingo card

 Potato	 Green capsicum	 Cauliflower
 Asparagus	 Mushroom	 Cabbage
 Celery	 Carrot	 Lettuce
 Sweet potato	 Bok choy	 Eggplant

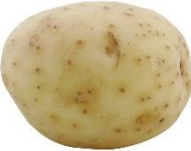











Bingo card

 Green capsicum	 Cabbage	 Red capsicum
 Baby spinach	 Cauliflower	 Broccoli
 Mushroom	 Lettuce	 Bean
 Eggplant	 Carrot	 Celery













Bingo card

		
Lettuce	Asparagus	Red capsicum
		
Cauliflower	Carrot	Zucchini
		
Cabbage	Eggplant	Alfalfa sprouts
		
Mushroom	Corn	Bok choy










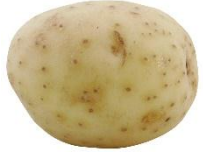


Bingo card

		
Potato	Zucchini	Alfalfa sprouts
		
Mushroom	Asparagus	Eggplant
		
Carrot	Pumpkin	Baby spinach
		
Broccoli	Sweet potato	Bean

Bingo card

 Bok choy	 Zucchini	 Red capsicum
 Baby spinach	 Pumpkin	 Eggplant
 Mushroom	 Carrot	 Asparagus
 Sweet potato	 Celery	 Broccoli

Bingo card

 Celery	 Zucchini	 Green capsicum
 Mushroom	 Bean	 Red capsicum
 Bok choy	 Eggplant	 Broccoli
 Potato	 Corn	 Carrot