

# National Nutrition Month

## Bingo

In the month of March can you try some of these healthy habits?

Ate something red

Used my sense of smell while eating

Ate something crunchy

No phone or tablet at breakfast

Helped make lunch

Went for a walk

Ate something green

Drank water

Washed my hands before eating

Ate a meal with a family member

Thought about where my food came from

Brushed my teeth after eating

  
FREE SPACE

Played outside

Recycled

Ate something smooth

Washed the dishes

Was thankful for my meal

Ate something orange

Washed my hands before eating

Drank Water

Talked about my day at dinner

Ate a vegetable

Helped make breakfast

Ate something sweet