

LOW-FAT DAIRY BINGO












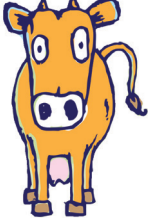












Children/Adults/Seniors 2013

- **Who is this for?**
 - Children, adults and seniors
- **Why is this a good idea?**
 - Low fat dairy products are important for a balanced meal.
- **Items Needed:**
 - Print out a variety of all four bingo templates. One for each participant.
 - Print out one of each answer and physical activity key sheet.
- **Objective:**
 - Adults and seniors participating in a fun game of bingo while learning benefits of eating and drinking low fat dairy products and get some physical activity.
- **Instructions:**
 - Participants would receive one bingo template. Cut up the answer/physical activity key sheet and place all into a bowl. Pull out one card at a time and announce what you pulled out. Have the participants mark the spot on the template if they have it. Then have the participants do the physical activity that is listed on the card. Repeat several times until someone calls a “BINGO”. Encourage participants to move as much as possible!
- **Nutrition Lesson Plan:**
 - **Kids:** Fat-free and low-fat (1%) milk, yogurt, and cheese are all dairy foods. These foods have calcium which helps make your both your bones and teeth stronger! Some good ideas to make are grilled cheese, adding fruit into your yogurt, making a smoothie and cheese and crackers.
 - **Adults:** Switch to fat-free or low-fat (1%) dairy foods to help maintain healthy blood pressure, manage weight, and build better bones. Try fat-free or low-fat (1%) dairy foods for all of the vitamins and minerals without all the fat.
 - **Seniors:** Your health has always been important to you and you are focused on it now more than ever. It’s time to choose foods wisely and take care of you. Be a healthy you, switch to fat-free or low-fat (1%) dairy foods.



Template 1

Dairy

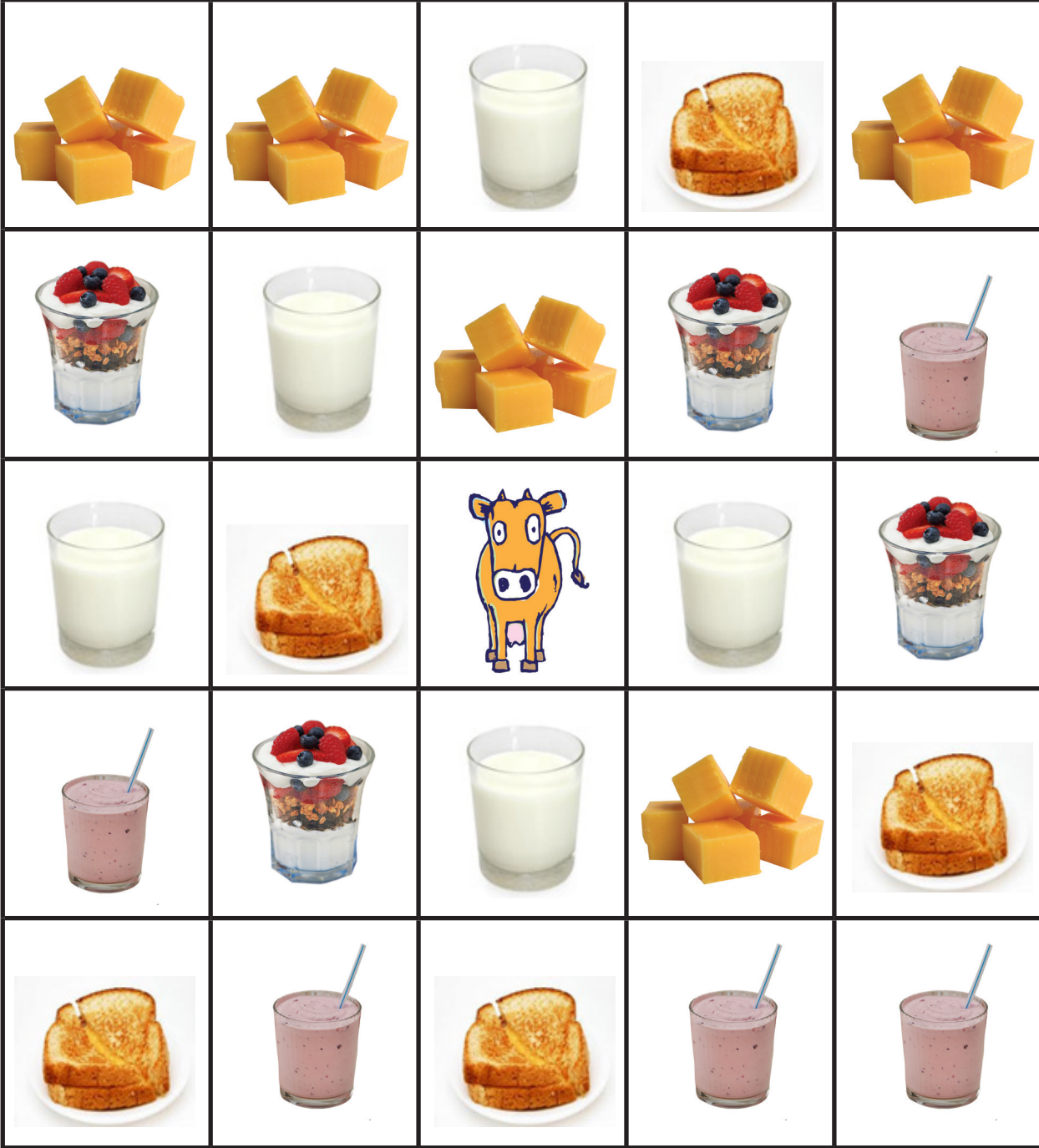
Template 1 - Answer Key

Dairy

 <p>D-MILK Physical Activity: Balance on one foot for 5 seconds</p>	 <p>A-CHEESE Physical Activity: Walk toe to toe for 5 seconds</p>	 <p>I-YOGURT SMOOTHIE Physical Activity: March in place for 5 seconds</p>	 <p>R-GRILLED CHEESE Physical Activity: Perform 5 jumping jacks</p>	 <p>Y-YOGURT Physical Activity: Bend and touch your toes 3 times</p>
 <p>D-CHEESE Physical Activity: Balance on one foot for 5 seconds</p>	 <p>A-YOGURT Physical Activity: Balance on one foot for 5 seconds</p>	 <p>I-MILK Physical Activity: Roll both ankles one at a time for 10 seconds</p>	 <p>R-CHEESE Physical Activity: Dance for 10 seconds</p>	 <p>Y-YOGURT SMOOTHIE Physical Activity: Circle hips around for 5 seconds</p>
 <p>D-YOGURT Physical Activity: Roll both wrists for 10 seconds</p>	 <p>A-GRILLED CHEESE Physical Activity: Close both eyes and try to balance on one foot</p>	 <p>MOO SPACE</p>	 <p>R-MILK Physical Activity: Hop on one foot 5 times</p>	 <p>Y-CHEESE Physical Activity: Bend to the left and and right</p>
 <p>D-GRILLED CHEESE Physical Activity: Salsa/Dance for 10 seconds</p>	 <p>A-MILK Physical Activity: Look left and right 6 times</p>	 <p>I-CHEESE Physical Activity: Extend up on toes (tiptoes) 10 times</p>	 <p>R-YOGURT Physical Activity: Lift right knee up 5 times</p>	 <p>Y-GRILLED CHEESE Physical Activity: Lift left knee up 5 times</p>
 <p>D-YOGURT SMOOTHIE Physical Activity: Move hips side to side 5 times</p>	 <p>A-YOGURT SMOOTHIE Physical Activity: Jump rope/hop for 10 seconds</p>	 <p>I-GRILLED CHEESE Physical Activity: Run in place for 10 seconds</p>	 <p>R-YOGURT SMOOTHIE Physical Activity: Skip for 10 seconds</p>	 <p>Y-MILK Physical Activity: Perform 10 shoulder rolls</p>

Template 2

Dairy



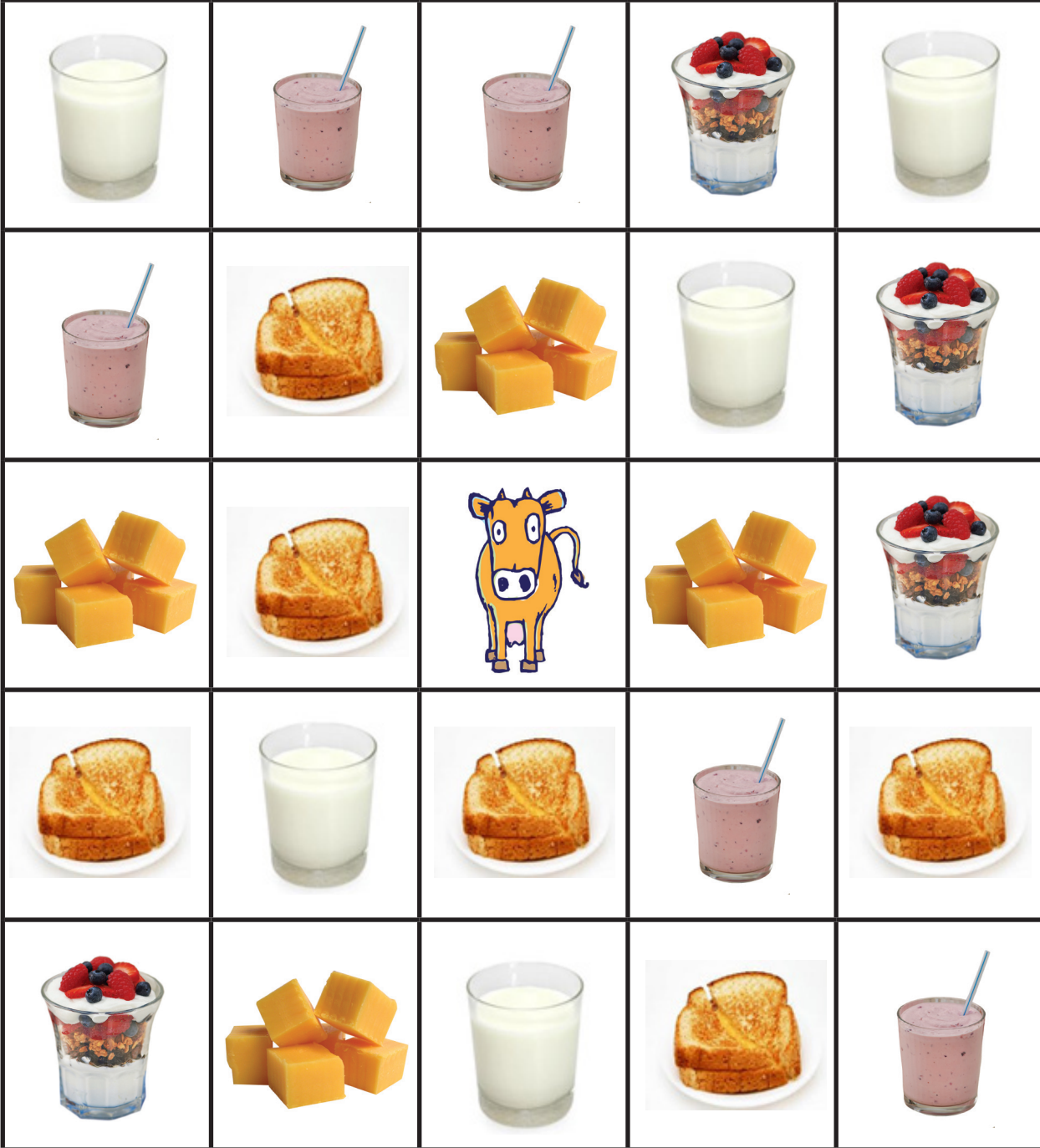
Template 2 - Answer Key

Dairy

 <p>D-CHEESE Physical Activity: Perform forward arm circles for 10 seconds</p>	 <p>A-CHEESE Physical Activity: Walk toe to toe for 5 seconds</p>	 <p>I-MILK Physical Activity: Roll both ankles one at a time for 10 seconds</p>	 <p>R-GRILLED CHEESE Physical Activity: Perform 5 jumping jacks</p>	 <p>Y-CHEESE Physical Activity: Bend and touch your toes 3 times</p>
 <p>D-YOGURT Physical Activity: Roll both wrists for 10 seconds</p>	 <p>A-MILK Physical Activity: Look left and right 6 times</p>	 <p>I-CHEESE Physical Activity: Extend up on toes (tiptoes) 10 times</p>	 <p>R-YOGURT Physical Activity: Lift right knee up 5 times</p>	 <p>Y-MILK Physical Activity: Perform 10 shoulder rolls</p>
 <p>D-MILK Physical Activity: Balance on one foot for 5 seconds</p>	 <p>A-GRILLED CHEESE Physical Activity: Close both eyes and try to stand on 1 foot</p>	 <p>MOO SPACE</p>	 <p>R-MILK Physical Activity: Hop on one foot 5 times</p>	 <p>Y-YOGURT Physical Activity: Bend and touch your toes 3 times</p>
 <p>D-YOGURT SMOOTHIE Physical Activity: Move hips side to side 5 times</p>	 <p>A-YOGURT Physical Activity: Perform backward arm circles for 10 seconds</p>	 <p>I-YOGURT SMOOTHIE Physical Activity: March in place for 5 seconds</p>	 <p>R-CHEESE Physical Activity: Dance for 10 seconds</p>	 <p>Y-GRILLED CHEESE Physical Activity: Lift left knee up 5 times</p>
 <p>D-GRILLED CHEESE Physical Activity: Salsa/Dance for 10 seconds</p>	 <p>A-YOGURT SMOOTHIE Physical Activity: Jump rope/hop for 10 seconds</p>	 <p>I-GRILLED CHEESE Physical Activity: Run in place for 10 seconds</p>	 <p>R-YOGURT SMOOTHIE Physical Activity: Skip for 10 seconds</p>	 <p>Y-YOGURT SMOOTHIE Physical Activity: Circle hips around for 5 seconds</p>

Template 3

Dairy



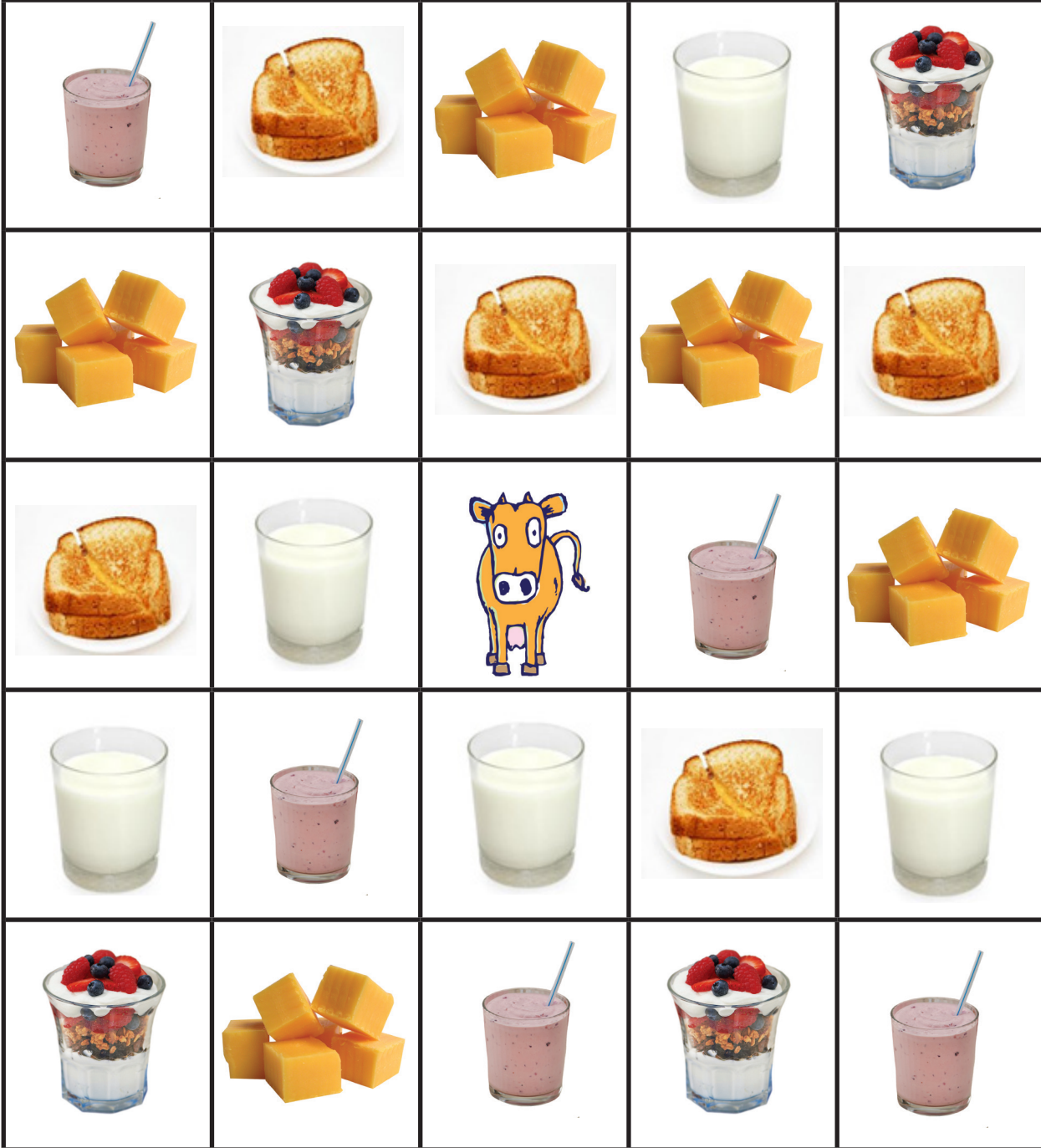
Template 3 - Answer Key

Dairy

 <p>D-MILK Physical Activity: Balance on one foot for 5 seconds</p>	 <p>A-YOGURT SMOOTHIE Physical Activity: Jump rope/hop for 10 seconds</p>	 <p>I-YOGURT SMOOTHIE Physical Activity: March in place for 5 seconds</p>	 <p>R-YOGURT Physical Activity: Lift right knee up 5 times</p>	 <p>Y-MILK Physical Activity: Perform 10 shoulder rolls</p>
 <p>D-YOGURT SMOOTHIE Physical Activity: Move hips side to side 5 times</p>	 <p>A-GRILLED CHEESE Physical Activity: Close both eyes and try to stand on 1 foot</p>	 <p>I-CHEESE Physical Activity: Extend up on toes (tiptoes) 10 times</p>	 <p>R-MILK Physical Activity: Hop on one foot 5 times</p>	 <p>Y-YOGURT Physical Activity: Bend and touch your toes 3 times</p>
 <p>D-CHEESE Physical Activity: Perform forward arm circles for 10 seconds</p>	 <p>A-YOGURT Physical Activity: Perform backward arm circles for 10 seconds</p>	 <p>MOO SPACE</p>	 <p>R-CHEESE Physical Activity: Dance for 10 seconds</p>	 <p>Y-GRILLED CHEESE Physical Activity: Lift left knee up 5 times</p>
 <p>D-GRILLED CHEESE Physical Activity: Salsa/Dance for 10 seconds</p>	 <p>A-MILK Physical Activity: Look left and right 6 times</p>	 <p>I-GRILLED CHEESE Physical Activity: Run in place for 10 seconds</p>	 <p>R-YOGURT SMOOTHIE Physical Activity: Skip for 10 seconds</p>	 <p>Y-CHEESE Physical Activity: Bend and touch your toes 3 times</p>
 <p>D-YOGURT Physical Activity: Roll both wrists for 10 seconds</p>	 <p>A-CHEESE Physical Activity: Walk toe to toe for 5 seconds</p>	 <p>I-MILK Physical Activity: Roll both ankles one at a time for 10 seconds</p>	 <p>R-GRILLED CHEESE Physical Activity: Perform 5 jumping jacks</p>	 <p>Y-YOGURT SMOOTHIE Physical Activity: Circle hips around for 5 seconds</p>

Template 4

Dairy



Template 4 - Answer Key

Dairy

 <p>D-YOGURT SMOOTHIE Physical Activity: Move hips side to side 5 times</p>	 <p>A-GRILLED CHEESE Physical Activity: Close both eyes and try to stand on 1 foot</p>	 <p>I-CHEESE Physical Activity: Extend up on toes (tiptoes) 10 times</p>	 <p>R-MILK Physical Activity: Hop on one foot 5 times</p>	 <p>Y-YOGURT Physical Activity: Bend and touch your toes 3 times</p>
 <p>D-CHEESE Physical Activity: Perform forward arm circles for 10 seconds</p>	 <p>A-YOGURT Physical Activity: Perform backward arm circles for 10 seconds</p>	 <p>I-GRILLED CHEESE Physical Activity: Run in place for 10 seconds</p>	 <p>R-CHEESE Physical Activity: Dance for 10 seconds</p>	 <p>Y-GRILLED CHEESE Physical Activity: Lift left knee up 5 times</p>
 <p>D-GRILLED CHEESE Physical Activity: Salsa/Dance for 10 seconds</p>	 <p>A-MILK Physical Activity: Look left and right 6 times</p>	 <p>MOO SPACE</p>	 <p>R-YOGURT SMOOTHIE Physical Activity: Skip for 10 seconds</p>	 <p>Y-CHEESE Physical Activity: Bend and touch your toes 3 times</p>
 <p>D-MILK Physical Activity: Balance on one foot for 5 seconds</p>	 <p>A-YOGURT SMOOTHIE Physical Activity: Jump rope/hop for 10 seconds</p>	 <p>I-MILK Physical Activity: Roll both ankles one at a time for 10 seconds</p>	 <p>R-GRILLED CHEESE Physical Activity: Perform 5 jumping jacks</p>	 <p>Y-MILK Physical Activity: Perform 10 shoulder rolls</p>
 <p>D-YOGURT Physical Activity: Roll both wrists for 10 seconds</p>	 <p>A-CHEESE Physical Activity: Walk toe to toe for 5 seconds</p>	 <p>I-YOGURT SMOOTHIE Physical Activity: March in place for 5 seconds</p>	 <p>R-YOGURT Physical Activity: Lift right knee up 5 times</p>	 <p>Y-YOGURT SMOOTHIE Physical Activity: Circle hips around for 5 seconds</p>