You will need:
- three to five players
- a 5 A DAY bingo base board
- four 5 A DAY bingo cards (depending on the number of players)
- 30 cut out food cards
- a bag
- 36 buttons, coins or dried beans (9 for each player if 4 people play).

How to play

1) Each player gets a bingo card, apart from the caller who gets the base board.
2) All the food cards are put in a bag. The caller pulls out one card at a time, reads it out and places the card on the base board.
3) If the food item called out appears on the bingo card of a player, they need to cover it with a button or coin.
4) The winner is the first player who covers up all of the foods on their bingo card and shouts out 'Bingo!'.
The GREAT GRUB CLUB

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<table>
<thead>
<tr>
<th>Fruit/Vegetable</th>
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</thead>
<tbody>
<tr>
<td>banana</td>
<td>carrots</td>
<td>pineapple</td>
<td>green beans</td>
<td>strawberry</td>
<td>beetroot</td>
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<tr>
<td>leeks</td>
<td>mushrooms</td>
<td>apple</td>
<td>pepper</td>
<td>broccoli</td>
<td>orange</td>
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<tr>
<td>grapes</td>
<td>cantaloupe melon</td>
<td>courgette</td>
<td>sweetcorn</td>
<td>broad beans</td>
<td>aubergine</td>
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<tr>
<td>blueberries</td>
<td>nectarines</td>
<td>tomato</td>
<td>green cabbage</td>
<td>pumpkin</td>
<td>pear</td>
</tr>
<tr>
<td>kidney beans</td>
<td>red lentils</td>
<td>papaya</td>
<td>cherries</td>
<td>mango</td>
<td>plum</td>
</tr>
</tbody>
</table>
### 5 A DAY BINGO

**Food cards**

- banana
- carrots
- pineapple
- green beans
- strawberry
- beetroot
- leeks
- mushrooms
- apple
- pepper
- broccoli
- orange
- grapes
- cantaloupe melon
- courgette
- sweetcorn
- broad beans
- aubergine
- blueberries
- nectarines
- tomato
- green cabbage
- pumpkin
- pear
- kidney beans
- red lentils
- papaya
- cherries
- mango
- plum

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Cut along the dotted lines to make individual food cards.

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www.greatgrubclub.com
Did you know that many of the foods we eat come from plants? Plant foods, like fruits, vegetables and seeds, help to keep us healthy.

Did you know that children should be active for 60 minutes every day to stay healthy?
Try to eat at least five portions of vegetables and fruits every day.

- Cantaloupe melon
- Tomato
- Papaya
- Mushroom
- Carrot
- Nectarines
- Apple
- Pepper
- Sweetcorn
- Aubergine
- Nectarines
- Blueberries
- Pumpkin
- Mushroom
- Kidney beans

Pulses like beans count as one of our 5 A DAY and are good for us because they give us protein and fibre. Protein helps our bodies grow and repair, and fibre helps us go to the toilet often enough.
Did you know that frozen fruits and vegetables count towards your 5 A DAY?

Remember, a child's portion of fruits or vegetables is roughly what can fit into your cupped hand.
Different fruits and vegetables contain different vitamins and minerals. The best way to make sure you are getting all the goodness you need is to eat a colourful mixture - think of a rainbow and try to eat foods that come in all its different colours.

Fruits and vegetables like tomatoes, radish, beetroot and spinach are easy to grow at home. Take a look at www.greatgrubclub.com for our easy to follow instructions.