



A healthy classroom makes nutrition and physical activity a seamless part of the learning experience. This set of BINGO card includes ways to incorporate nutrition and physical activity into the classroom on a monthly basis. As a class, review the BINGO card at the beginning of each month as a way to set goals related to wellness in the classroom. Brainstorm additional ideas to fill in the free choice box each month. Identify a class reward (PJ Day, Teacher eats lunch with class, etc.) if a BINGO is achieved by the end of the month! **Answers to questions are located on the last page.*

For additional school wellness ideas and resources visit Iowa Department of Education's School Wellness Webpage: <https://educateiowa.gov/pk-12/nutrition-programs/school-wellness> and follow *Iowa Healthy Schools – Healthy Students* on social media!

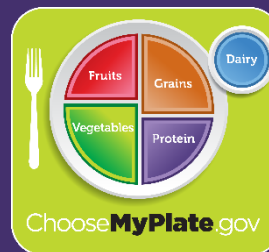
- Facebook: [@healthyschoolsIA](https://www.facebook.com/healthyschoolsIA)
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TEAM NUTRITION  IOWA™

Iowa Department of Education - Team Nutrition Program (July 2018)

The USDA is an equal opportunity provider. This project was funded using U.S. Department of Agriculture grant funds.

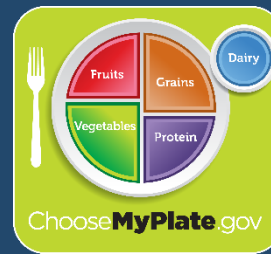
SEPTEMBER BINGO



School Name: _____
 Teacher Name: _____
 Class reward for a BINGO!: _____

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|---|---|--|---|---|
| <p>If you cut up a big Honeycrisp apple into 9 slices, but only eat 2/3 of the apple, how many slices are left?*</p> | <p>As a class do 25 jumping jacks.</p> | <p>I am green inside and out, with a brown pit in the middle. My side companion is salsa, and I have healthy fats! What am I?*</p> | <p>Have students think of their favorite physical activity is and have a couple volunteers, act it out in front of the class so everyone can guess!</p> | <p>Have students figure how many calories are in one gram of carbohydrates, protein, and fat.*</p> |
| <p>Inhale through your nose (1-2-3-4) and picture your breath moving to the top of your head. Exhale through your mouth (1-2-3-4) and imagine pushing your breath down to the back of your spine. Repeat.</p> | <p>Time to Stretch! Get some stretching in: Touch your toes, stretch arms across body and over your head, and do some neck rolls.</p> | <p>If a serving of fruit is 1 ½ cups, and you have 2 cups of strawberries, ½ cup of grapes, and 3 cups of blueberries, how many servings do you have?*</p> | <p>Unscramble to find out what fruit I am: N G P E R A A O T E M*</p> | <p>JOKE What is green and goes to summer camp?*</p> |
| <p>A student leads the class in a Story in Motion: http://bit.ly/2vxu8Lb</p> | <p>I am a root, with an orange color inside. I provide a lot of fiber and can be baked, boiled or steamed. What am I?*</p> | <p>Free Choice</p> | <p>Ask students to create a poster of their favorite fruit or vegetable. Include health benefits and three different ways you can eat the food.</p> | <p>Find a line on the floor or imagine one and jump side to side 24 times.</p> |
| <p>Black beans are high in dietary fiber and folate and a good source of protein. What ways do you like to eat black beans?</p> | <p>Have students write down their favorite food from each MyPlate food group.</p> | <p>At one recess organize a walking club where the class walks together the entire recess.</p> | <p>Have students develop a wellness logo for the classroom and have the class vote for the finalist.</p> | <p>Invite a special guest to eat lunch with the class (principal, member from the community, high school athlete, etc.)</p> |
| <p>Dance to music with one of the favorite songs of the class.</p> | <p>A student's birthday is celebrated with a healthy snack or a non-food prize.</p> | <p>Let's move! From beginning to end and then repeat: 5 squats, 5 pushups, 5 jumping jacks, 5 lunges (each leg).</p> | <p>Everyone washes their hands before lunch.</p> | <p>Jog in place for 2 minutes.</p> |



OCTOBER BINGO



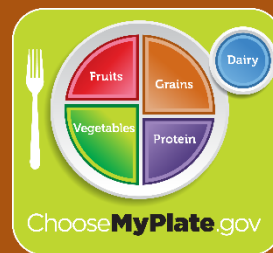
School Name: _____

Teacher Name: _____

Class reward for a BINGO!: _____

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|--|--|--|---|---|
| <p>What are 2 dairy products besides milk?*</p> | <p>Participate in the Healthiest State Walk this month! https://bit.ly/2bUYMUD</p> | <p>Look at the school lunch menu for the day. What are the vegetables to be served? How to they grow?</p> | <p>A student's birthday is celebrated with a healthy snack or a non-food prize.</p> | <p>Print out the Farm to Plate cards from USDA's Dig In Curriculum and as a class put the cards in the right order. https://choosemyplate-prod.azureedge.net/sites/default/files/myplate/mystate/FarmToPlateGame-full.pdf</p> |
| <p>Unscramble to find out what fruit I am: N E P I A P L P E *</p> | <p>October 29th is National Oatmeal Day! Brainstorm 5 different toppings you can put on oatmeal.</p> | <p>Time to Move! Let's get some movement in! Try for 10 jumping jacks, 15 squats and 20 calf raises!</p> | <p>Display posters in the classroom that promote healthy eating. Order free copies from Team Nutrition: https://bit.ly/2mbxMUr</p> | <p>A 20 oz. bottle of soda has 110 calories in a serving, with 2 ½ servings in the bottle. If you drink the whole bottle, how many calories are you consuming?*</p> |
| <p>Create a list of ways your school can support student wellness and share the list with the principal.</p> | <p>Have students role-play certain scenarios that demonstrate good and bad health habits (junk food dinner versus a well-balanced meal, watching TV versus riding your bike, etc).</p> |  |  <p>What do you call a ship made from a banana?*</p> | <p>As a class create healthy tips that can be read over the announcements once a week by a student.</p> |
| <p>Read a book aloud while students are walking in place and have students act out the verbs in the story.</p> | <p>Students partner up and stand back to back. Twist side to side as they pass a wadded up piece of recycled paper left to right.</p> | <p>If you carved a pumpkin and roast 2 cups of seeds. Your family of 6 wants to split them. How much does each family member get?*</p> | <p>I am a crustacean with a red/orange color and I provide healthy fats. You can peel me, eat me raw, or cook me. What am I?*</p> | <p>Invite the school nurse to come visit the classroom to talk about healthy habits.</p> |
| <p>As a class do 20 squats</p> | <p>Lead 5 minutes of stretches after lunch.</p> | <p>A student leads the class in a Story in Motion: http://bit.ly/2vxu8Lb</p> | <p>Brainstorm as a class 8 yellow/orange fruits and vegetables.*</p> | <p>We are buying cranberries to make relish and have to weigh them at the grocery store. What is the total cost for 2 lbs. of cranberries at \$0.99 per lb.?*</p> |

NOVEMBER BINGO



School Name:

Teacher Name:

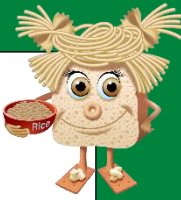
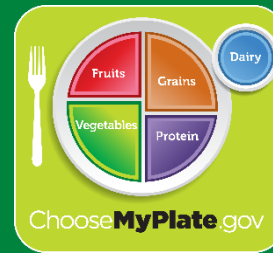
Class reward for a BINGO!:




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| Find out what an anthocyanin is and where they can be found. | Some people call me chick Peas. You can use me to make hummus. What am I?* | Invite a local farmer to present to the class or "skype" | Download and read the Two Bite Club book on tablets to younger students: http://bit.ly/2wnlpc2 | Everyone washes their hands before lunch |
| You bought 4 turkeys (62 oz. each) for Thanksgiving, how many total lbs. of turkey do you have?* | PA Break: Sit in a chair, stand up, jump, reach for ceiling, and sit down. Repeat 10 times. | Utilize MyPlate's Blast Off Computer Program during media: https://www.fns.usda.gov/blastoff | Invite the Food Service Director to talk about school meals | A student leads the class in a Story in Motion: http://bit.ly/2vxu8Lb |
| a. 15 1/2 lbs. b. 23 1/3 lbs. 3. 12 1/4 lbs. d. 24 1/4 lbs. | I'm a vegetable that grows under the ground and has a green top. Eating me helps you have good eyesight. What am I?* |  | Write what you are thankful for on pieces of paper and display. | Partner with a younger grade and read a book about a growing food. |
| A student's birthday is celebrated with a healthy snack or a non-food prize | Decorate your classroom and hallway with posters, signs, and other reminders to eat healthy. | As a class brainstorm 10 fruits or vegetables that are green. | Work in pairs to develop a math word problem using fruit. | If you make a trail mix with 1 cup cheerios, 1/2 cup raisins, 1/4 chocolate chips and 1/4 cup of fish crackers, how many 1/2 cup servings will you have?* |
| Students write a journal entry that includes their favorite foods from each food group. | Research 3 local produce items that are available this time of year. | PA Break: Do 20 jumping jacks and 10 squats | Have students write a personal goal describing how they can get MyPlate every day! | Relax: Play calming music, close eyes, and take deep breaths for 2 min. |
| Students can have water bottles in their classroom | | | | |



DECEMBER BINGO

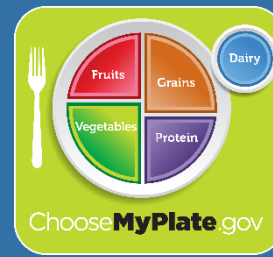


School Name:
 Teacher Name:
 Class reward for a BINGO!:

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|--|--|--|---|---|
| <p>In pairs create a healthy snack recipe that includes 3 food groups.</p> | <p>If you bought 5 gallons of 1% milk, how many quarts would that be? Pints?*</p> | <p>Tropical Fruit Awareness Month: brainstorm 10 tropical fruits and vegetables</p> | <p>Share what your favorite outdoor physical activity is in the winter.</p> | <p>Pear Month: What nutrients do pears contain?*</p> <p>https://idph.iowa.gov/Portals/1/Files/INN/Pear.pdf</p> |
| <p>Everyone washes their hands before lunch</p> | <p>A student leads the class in a Story in Motion: http://bit.ly/2vxu8Lb</p> | <p>Students write a journal entry about why they think it is important to eat healthy snacks.</p> | <p>Create your own vegetable person using photos or drawings of vegetables.</p>  | <p>Divide into groups to develop short brain breaks to share with the class</p> |
| <p>Have students share a fruit that they would like to try.</p> | <p>I'm a leafy dark-green vegetable that likes cool weather. I can be eaten raw or cooked. What am I?*</p> |  | <p>As a class brainstorm 10 fruits or vegetables that are orange or yellow.</p> | <p>Have students be a food critic: http://bit.ly/2floipH</p> |
| <p>Amanda's mom gave her \$8.52 to buy applesauce at the store. If a jar of applesauce was selling at \$2.99 per jar, how many jars could Amanda buy?*</p> | <p>Look at the lunch menu for the day and identify what foods go into the MyPlate Groups.</p> | <p>If you had 4 friends over for veggie pizza and the pizza had 12 slices, how many pieces would each person get? Are there any left?*</p> | <p>I grow underground, inside I have a deep orange color and full of potassium, vitamins A and C, and fiber. What am I?*</p> | <p>Create a fraction hopscotch! http://bit.ly/2uzh4Qw</p> |
| <p>Share 3 fruits or vegetables you plan on eating over winter break</p> | <p>Have students plan a menu for dinner that includes all 5 food groups. Make sure they take the menu home to share!</p> | <p>Display Vegetable Subgroup Resource and have students identify their favorites by sub-group. https://dpi.wi.gov/sites/default/files/imc/school-nutrition/pdf/vegetable-subgroups.pdf</p> | <p>Gimme 5 Physical Activity Break: 5 jumping jacks 2 toe touches 3 twists 2 high knees 1 spin</p> | <p>JOKE Why are bananas ever lonely?*</p> |



JANUARY BINGO




School Name: _____

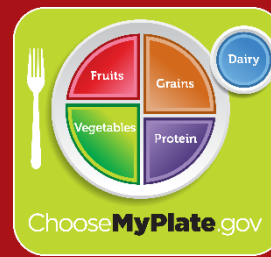
Teacher Name: _____

Class reward for a BINGO!: _____





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| <p>Have students find the definitions of the six nutrients: carbohydrates, protein, fat, minerals, vitamins, and water.</p> | <p>Have students create an acrostic poem of their favorite vegetable</p> | <p>Brainstorm fruits and vegetables that are easy to find in the grocery stores during the winter</p> | <p>Look up the definition of fiber: Why is it good for our bodies?</p> | <p>Have students share a vegetable that they would like to try.</p> |
| <p>What is a Rambutan: Where did they originate from?</p> | <p>Utilize MyPlate's Track and Field Game During Media: https://www.fns.usda.gov/track-and-field</p> | <p>I'm a leafy green vegetable that comes in different colors... including red! You most likely eat me in a salad or on a sandwich next to a slice of tomato. What am I?</p> | <p>A student leads the class in a Story in Motion: http://bit.ly/2vxu8Lb</p> | <p>Have students develop and share 1 nutrition related goal for the next month.</p> |
| <p>20 Robots - Stand up tall. Hop forward, then immediately backward. At the same time, raise one arm up and one arm down. Keep hopping your feet front and back while alternating arms up and down.</p> | <p>Have students look up the different parts that make up an egg</p> |  | <p>When oranges sells for \$179.00 for hundred pounds, what is the price per pound?</p> | <p>Have a student lead class in 2 food yoga poses: https://cachampionsforchange.cdph.ca.gov/en/Documents/Flex.pdf</p> |
| <p>An oatmeal recipe for 6 people includes: 1 c. of oatmeal 1 t. of salt 2 c. of boiling water How would you modify the recipe for 3 people? 4?</p> | <p>Some people call me Tree Fruit or Stone Fruit. My skin is yellow, sometimes blushed with red. There is a large pit in the center that is not eaten. What am I?</p> | <p>As a class think of words to describe strawberries.</p> | <p>Compare the nutrient content of a can of soda and a carton of chocolate milk.</p> | <p>As a class brainstorm foods that have whole grains as the first ingredient</p> |
| <p>Indoor recess? Have students complete this maze: http://bit.ly/2uhlL19</p> | <p>John purchases a bag of mini cookies. On the label, each serving size has 130 calories. There are 3 servings per bag. How many calories are in the entire bag?</p> | <p>JOKE Knock Knock! Who's there? Lettuce.</p> | <p>Find out what a carotenoid is and where they can be found.</p> | <p>Work in pair to complete the math Chef Challenge: https://fns-prod.azureedge.net/sites/default/files/tn/digin_17h2.pdf</p> |

FEBRUARY BINGO



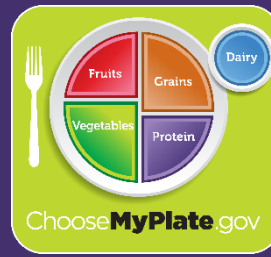
School Name:
 Teacher Name:
 Class reward for a BINGO!:



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| <p>Have students bring in items to identify portion sizes. http://wb.md/1E3tqlR</p> | <p>Research Vitamin D. Where can we get it? Why is it important?*</p> | <p>Have students bring in grocery store ads and compare prices of items.</p> | <p>Have students draw a pizza with vegetable toppings. Which veggies did they choose?</p> | <p>Have students share their family's favorite vegetable recipe.</p> |
| <p>Do chair squats for 30 seconds – 3 rounds.</p> | <p>Have students share a protein that they would like to try.</p> | <p>Snack Food Month: Brainstorm healthy snack ideas in all 5 food groups</p> | <p>Students write a journal entry about a character that is being physically active. See who uses the most verbs!</p> | <p>A student's birthday is celebrated with a healthy snack or a non-food prize</p> |
| <p>Make a pie chart of what everyone ate for breakfast!</p> | <p>Print and create an activity cube for brain break ideas: http://bit.ly/2uhmaBJ</p> |  | <p>Show video of Nutritionist: Career Spotlight (2:30min): http://bit.ly/2ui1ae8</p> | <p>Why is Kansas referred to as "American's Bread Basket?"*</p> |
| <p>If you were grocery shopping for 2 lbs of steak and saw that a steak costs \$2.99/lb at one store and \$3.29/lb at another store, how much would you save by buying the lower priced steak?*</p> | <p>I'm round and grow under the ground. My tall green tops taste good in soups and salads, but my red or golden root tastes nice and sweet. What am I?*</p> |  <p>What is a librarian's favorite vegetable?*</p> | <p>A student leads the class in a Story in Motion: http://bit.ly/2vxu8Lb</p> | <p>Use grocery store ads develop a menu using all 5 food groups</p> |
| <p>Teach students to measure heart rate. Measure heart rate before and after doing 10 squats and 10 jumping jacks.</p> | <p>Sweet Potato Month: Why are they good for you? Brainstorm different ways to eat sweet potatoes</p> | <p>When I am ripe I am often red, but they are yellow and orange varieties of me as well. You will find me on salad bars and in pizza and pasta sauce. What am I?*</p> | <p>Brainstorm ways to be physically active inside during the cold winter days.</p> | <p>Brainstorm 10 fruits and vegetables that are red</p> |



MARCH BINGO



School Name: _____

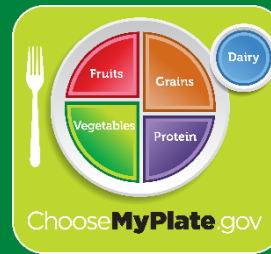
Teacher Name: _____

Class reward for a BINGO!: _____



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| <p>Do: 10 jumping jacks 10 squats 10 lunges</p> | <p>In pairs have students create a meal with all 5 food groups with each food starting with the letter B</p> | <p>I am a red or black fruit that can stain your hands when you eat me. I grow on bushes and I taste good on your cereal. What am I?*</p> | <p>Have a student lead class in 2 food yoga poses: https://cachampionsforchange.cdph.ca.gov/en/Documents/Flex.pdf</p> | <p>List 1 fruit and 1 vegetable for every color in the rainbow</p> |
| <p>While reviewing for a test ask students a series of true or false questions. If the question is true students complete 3 jumping jacks, if it's false they should touch their toes 3 times.</p> | <p>Add up the number of minutes students have for recess and PE each week.</p> | <p>Using an index finger as an imaginary pencil right your name in huge cursive letter in the air. Now repeat using different body parts as your pencil (elbow, knees, toes, head, etc.)</p> | <p>Have students brainstorm fruits and vegetables that can be found at fast food restaurants.</p> | <p>JOKE Where do baby apes sleep?</p> |
| <p>I have grass colored green pods holding me. I am one of the first vegetables growing in gardens each spring. What am I?*</p> | <p>A student leads the class in a Story in Motion: http://bit.ly/2vxu8Lb</p> | <p>Free Choice</p> | <p>Garden Pen Pal – Have students write a letter to friend, relative or other class using the template: https://fns-prod.azureedge.net/sites/default/files/tn/digin_l6h2.pdf</p> | <p>Have students share their favorite dried fruit?</p> |
| <p>Find a book about dairy farms and read it to a younger class. (i.e. The Milk Makers, Milk: From Cow to Carton)</p> | <p>One day at one grocery store, potatoes were on sale at 10 lbs. for \$2.39. Potatoes of the same kind were sold at 5 lbs. for \$1.79 at another store. *Which option is a</p> | <p>What are 3 different ways to eat broccoli?</p> | <p>Which cereal company, located in Cedar Rapids is the largest in the world?*</p> | <p>What is chlorophyll and where can it be found?*</p> |
| <p>Make 1 health related goal to complete in the next two weeks</p> | <p>Finding Fiber - Put this handout on the screen and complete as a class: https://fns-prod.azureedge.net/sites/default/files/tn/digin_l8h1.pdf</p> | <p>Before going to another classroom or lunch, take the long way to get there.</p> | <p>What is a jackfruit? Where did it originate from? What does it taste like?*</p> | <p>Check out common kitchen measurements. Find a measurement on a food/beverage label and convert to another measurement: https://fns-prod.azureedge.net/sites/default/files/tn/digin_l7h1.pdf</p> |

APRIL BINGO



School Name: _____

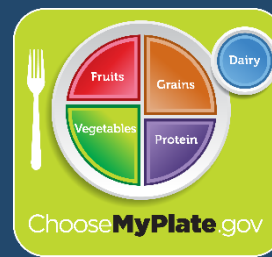
Teacher Name: _____

Class reward for a BINGO!: _____

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| <p>Compare nutrition labels of 100% orange juice and SunnyD. What are the differences?</p> | <p>Have students share their favorite physical activity to do outside in the spring. Create a bar graph to demonstrate the results.</p> | <p>Invite a speaker to come in to talk about physical activity (high school athlete, coach, wellness center staff, etc.)</p> | <p>Have students bring in empty boxes of their favorite cereal and put them in order of lowest sugar to highest.</p> | <p>Add up how many fruits and vegetables serving you should get in a month based on MyPlate recommendations for a 4th grader (1 ½ cups of fruit/day and 2 cups of vegetables/day). *</p> |
| <p>As a class brainstorm 10 fruits or vegetables that are yellow/orange.</p> | <p>Put the Think Your Drink Poster on the screen and compare beverages. Which has the most sugar? Most calcium? https://bit.ly/2us6yWA</p> | <p>My names comes from the Latin word brachium, which means “branch” or “arm.” My tree-like stalks are topped with green florets. What am I?*</p> | <p>A student leads the class in a Story in Motion: http://bit.ly/2vxu8Lb</p> | <p>Create a bar graph of how students got to school. Walked, biked, bus, parents dropped off, carpoled, etc.</p> |
| <p>It’s Celery Month: Brainstorm ways to eat celery. What nutrients does it provide?</p> | <p>Where does Iowa rank when it comes to corn production in the US?*</p> | <p>Free Choice</p> | <p>JOKE What did the father tomato say to the baby tomato while on a family walk?*</p> | <p>Its Garden Month: Have students share produce they have grown in a garden.</p> |
| <p>Have a student lead class in 2 food yoga poses: https://cachampionsforchange.cdph.ca.gov/en/Documents/Flex.pdf</p> | <p>Discuss food waste. Brainstorm ways to reduce food waste at home and at school.</p> | <p>A bag of whole wheat flour is offered at one store in 10 lb. bags at \$1.89, and in 25 lb. bags at \$3.50. Which one is a better buy?*</p> | <p>Kids should drink 6-8 cups of water each day. How much water is that a week?*</p> | <p>Have students share what new food item they tried this week</p> |
| <p>Plan a pretend picnic and create a menu as a class that would include all 5 food groups.</p> | <p>I’m a beautiful red fruit that grows in early summer. I taste sweet and you can eat me in a smoothie, in your cereal, or all by myself. What am I?*</p> | <p>Discover what foods are grown, raised, and produced in Iowa within each food group. https://www.choosemyplate.gov/eathealthy/myplate-mystate/iowa</p> | <p>Fruit Imposters – Put this handout on the screen and complete as a class: https://fns-prod.azureedge.net/sites/default/files/tn/digin_19h2.pdf</p> | <p>I’m a leafy vegetable that grows in the garden. I can be green and white or red and green—either way, I taste the same! Most people cook me, but you can eat me raw, too. What am I?*</p> |




MAY BINGO



School Name: _____

Teacher Name: _____

Class reward for a BINGO!: _____

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|---|--|--|---|---|
| <p>If you have a garden or wish you had a garden, what are five things that you grow or would grow?</p> | <p>Find out what organizations in your community offer nutrition workshops, assemblies or events that they can bring to your school. Local healthcare providers and gardening associations are a great place to start.</p> | <p>Do fruit snacks (packages of gummy product marketed to kids) count as fruit?*</p> | <p>Asparagus are in season and you are planning to cook some this week. At the store, they are \$0.89. How much will it cost to buy 2.5 lbs?</p> | <p>Eggs! They are great for breakfast, lunch and dinner! What type of nutrients do eggs have?</p> |
| <p>When measuring liquid, how many pints equal ½ gallon?</p> | <p>I'm red and round. You can add me to smoothies, yogurt, or just eat me plain. I contain folate, fiber, and many other great things. What am I?</p> | <p>Write a short story or a poem about your favorite fruit or vegetable.</p> | <p>Have students form a circle. Have a student start the traditional wave motion. After a couple rounds have them switch to a different action.</p> | <p>Most people, including children don't get enough fiber. What are some fruits and vegetables that are high in fiber?*</p> |
| <p>What does % Daily Value (%DV) mean on a food label?*</p> | <p>Think of your favorite main dishes (pizza, tacos, mac and cheese, etc.). What types of vegetables could be added in them to balance out the meal?</p> |  | <p>Challenge students to complete this scavenger hunt at home and bring back their findings for a non-food prize. https://bit.ly/2Nc180C</p> | <p>Share MyPlate's Kid Healthy Fruit and Vegetable Snack ideas. Are there any the students want to try? https://bit.ly/2bmDYaC</p> |
| <p>Human Clock: students use their right arm to indicate the minute hand and their left arm to indicate the hour. Call out different times and students move in position. Increase speed!</p> | <p>For lunch, you have ½ cup of fruit, ¾ cup of vegetables and ½ cup of pasta. How many cups do you have all together?</p> | <p>Have students practice good posture. When walking stand up tall with shoulders back, balancing a piece of paper on their heads.</p> | <p>When you set the table to eat, what all should you include in a place setting?</p> | <p>Dim the lights and have students close their eyes and clear their minds for 2 minutes. End with a deep inhales and exhales.</p> |
| <p>Did you know, watermelon originated in Africa over 5,000 years ago! Which country is the world's largest watermelon producer today?*</p> | <p>Learning about weather? Have students create a movement for different types of weather and call them out. Tornado = spin like a top!</p> | <p>Complete the Fruit and Vegetables on MyPlate handout from the USDA Dig In Curriculum: https://fns-prod.azureedge.net/sites/default/files/tn-digin_l1h2.pdf</p> | <p>Create fun names for fruit and vegetables that are on the school lunch menu and share with the food service director to possibly be included on the menu next school year.</p> | <p>School is almost out for the summer. What fun opportunities are there in the community for kids?</p> |

*Answers to Questions

September

- If you cut up a big Honeycrisp apple into 9 slices, but only eat $\frac{2}{3}$ of the apple, how many slices are left? $\frac{2}{3}$ of 9 slices = 6 slices
- I am green inside and out, with a brown pit in the middle. My side companion is salsa, and I have healthy fats! What am I?
Avocado
- Have students figure how many calories are in one gram of carbohydrates, protein, and fat.
 - a. Carbohydrates: 4 calories/gram
 - b. Protein: 4 calories/gram
 - c. Fat: 9 calories/gram
- If a serving of fruit is $1\frac{1}{2}$ cups, and you have 2 cups of strawberries, $\frac{1}{2}$ cup of grapes, and 3 cups of blueberries, how many servings do you have? 4 cups total/ $1\frac{1}{2}$ cups = 2 $\frac{2}{3}$ servings
- Unscramble to find out what fruit I am: N G P E R A A O T E M
 - a. Pomegranate
- Joke: What is green and goes to summer camp? *A Brussel scout!*
- I am a root, with an orange color inside. I provide a lot of fiber and can be baked, boiled or steamed. What am I? *Sweet potato*

October

- What are 3 dairy products besides milk? *Yogurt, cheese, cottage cheese, etc.*
- You carved a pumpkin yesterday and roasted 2 cups of seeds. Your family of 6 wants to split them. How much does each family member get? 2 cups/6 people = $\frac{1}{3}$ cup
- Unscramble to find out what fruit I am: N E P I A P L P E – *Pineapple!*
- We are buying cranberries to make relish and have to weigh them at the grocery store. What is the total cost for 2 lbs. of cranberries at \$0.99 per lb.? $2\text{ lbs.} \times \$0.99 = \1.98
- Brainstorm as a class 8 yellow/orange fruits and vegetables.
 - Fruits: *Apricots, cantaloupe, papayas, peaches, grapefruit*
 - Vegetables: *Butternut squash, carrots, pumpkin, sweet potatoes, yellow peppers*
- The nutrition label on a 20 oz. bottle of soda says there are 110 calories in a serving – but there are 2 $\frac{1}{2}$ servings in the bottle. If you drink the whole bottle, how many calories are you consuming?
 - $110 \times 2.5 = 275$ calories
- Joke: What do you call a ship made from a banana? *A banana boat!*
- I am a crustacean with a red/orange color and I provide healthy fats. You can peel me, eat me raw, or cook me. What am I? *Shrimp*

November

- Some people call me chick Peas. You can use me to make hummus. What am I? *Garbanzo Bean*
- You bought 4 turkeys (62 oz. each) for Thanksgiving, how many total lbs. of turkey do you have? a. $15\frac{1}{2}$ lbs.
- I'm a vegetable that grows under the ground and has a green top. Eating me helps you have good eyesight. What am I? *A Carrot*
- If you make a trail mix with 1 cup cheerios, $\frac{1}{2}$ cup raisins, $\frac{1}{4}$ chocolate chips and $\frac{3}{4}$ cup of fish crackers, how many $\frac{1}{2}$ cup servings will you have? $5 - \frac{1}{2}$ cup servings

December

- If you bought 5 gallons of 1% milk, how many quarts would that be? How many pints? *20 quarts or 40 pints*
- Pear Month: What nutrients do pears contain? *Excellent source of fiber, Vitamin C, and potassium.*
- I'm a leafy dark-green vegetable that likes cool weather. I can be eaten raw or cooked. What am I? *Spinach*
- Amanda's mom gave her \$10 to buy applesauce at the store. If a jar of applesauce was selling at \$2.89 per jar, how many jars could she buy? *3 jars*
- If you had 4 friends over for veggie pizza and the pizza had 12 slices, how many pieces would each person get? *3* Are there any left? *No*
- I grow underground, inside I have a deep orange color, I am sweet, and full of potassium, vitamins A and C, and fiber. What am I? *Sweet Potato*
- Why are bananas never lonely? *Because they come in bunches!*

January

- Look up the definition of fiber: Why is it good for our bodies? *The term fiber refers to carbohydrates that cannot be digested. Fiber is found in the plants we eat for food — fruits, vegetables, grains, and legumes. A diet that includes foods that are rich in fiber can help lower blood cholesterol and prevent diabetes and heart disease. Also, fiber itself has no calories, and adequate amounts of fiber help move food through the digestive system, promoting healthy bowel function and protecting against constipation.*
- Research what rambutan is: Where did they originate from? *The rambutan is one of the most popular fruits in south-east Asia. The spiky red skin contains an edible, translucent fruit with a sweet-tart flavor. The rambutan is also known as the hairy lychee: it looks very similar to a lychee on the inside but the outside is completely different.*
- I'm a leafy green vegetable that comes in different colors... including red! You most likely eat me in a salad or on a sandwich. What am I? *Leafy Lettuce*
- When bananas cost \$0.58/pound and the average weight of a banana is 4.5 ounces, how many bananas could you buy for \$3? *18 bananas (round to nearest whole banana)*
- An oatmeal recipe for 6 people includes: 3 c. of oatmeal, 1 t. of salt, 6 c. of boiling water. How would you modify the recipe for 3 people? *1 ½ cups oatmeal, ½ tsp salt, 3 cups of boiling water*
- Some people call me Tree Fruit or Stone Fruit. My skin is yellow, sometimes blushed with red. There is a large pit in the center that is not eaten. What am I? *A peach!*
- John purchases a bag of mini cookies. On the label, each serving size has 130 calories. There are 3 servings per bag. How many calories are in the entire bag? *390 calories*
- Knock Knock! Who's there? Lettuce. Lettuce who? *Lettuce in, we are freezing!*
- Find out what a carotenoid is and where they can be found. *Carotenoids are plant pigments responsible for bright red, yellow and orange hues in many fruits and vegetables. They help plants absorb light energy for use in photosynthesis. Carotenoids act as antioxidants within the body, protecting against cellular damage, the effects of aging, and even some chronic diseases. Can be found in pumpkin, carrots, tomatoes, sweet potatoes, cantaloupe, etc.*

February

- Research Vitamin D. Where can we get it? Why is it important? *Vitamin D is a nutrient that helps the body take in calcium from the foods that we eat. Together, calcium and vitamin D build bones and keep them strong. Vitamin D also plays a part in heart health and fighting infection. Our bodies make vitamin D when our skin is exposed to the sun. It's hard to get enough vitamin D from the sun, though. It is also important to protect skin to prevent melanoma and skin damage from too much sun exposure. The foods with best source of vitamin D is fatty fish and fish oils. Kids often don't eat these foods a lot. That's why food companies add vitamin D to milk, yogurt, baby formula, juice, cereal, and other foods.*
- Why is Kansas referred to as "American's Bread Basket?" *They grow a lot of wheat!*
- If you were grocery shopping for 2 lbs. of steak and saw that a steak costs \$2.99/lb. at one store and \$3.29/lb. at another store, how much would you save by buying the lower priced steak? *\$0.60*

- I'm round and grow under the ground. My tall green tops taste good in soups and salads, but my red or golden root tastes nice and sweet. What am I?
Beets
- What is a librarian's favorite vegetable? *Quiet Peas*
- When I am ripe I am often red, but they are yellow and orange varieties of me as well. You will find me on salad bars and in pizza and pasta sauce. What am I? *Tomatoes*

March

- I am a red or black fruit that can stain your hands when you eat me. I grow on bushes and I taste good on your cereal. What am I? *Blackberries*
- Where do baby apes sleep? *In apricots!*
- I have grass colored green pods holding me. I am one of the first vegetables growing in gardens each spring. What am I? *Sweet Peas*
- At one grocery store, potatoes are on sale for 10 lbs. for \$2.39. Potatoes of the same kind were sold at 5 lbs. for \$1.79 at another store. Which option is a better buy? *10 lbs. for \$2.39*
- Which cereal company, located in Cedar Rapids is the largest in the world? *Quaker Oats*
- What is chlorophyll and where can it be found? *Chlorophyll is the pigment that gives plants and algae their green color. Plants use chlorophyll to trap light needed for photosynthesis. Chlorophyll can be found in green vegetables.*
- What is a jackfruit? Where did it originate from? What does it taste like? *Jackfruit is believed to have originated in Southern India thousands of years ago, but is now widely cultivated in tropical regions around the world: SE Asia, South America, Australia and the Caribbean where it has been enjoyed both in ripe and young forms. Jackfruit grows on trees. A single jackfruit tree can produce 2 to 3 tons of fruit per year, with a single jackfruit growing up to 80 pounds! Similar in growing style to bananas or coconuts, jackfruit is harvested straight from the tree. Some think it tastes like pulled pork!!*

April

- Add up how many cups of fruits and vegetables a 4th grade student should get in a month based on MyPlate recommendations (1 ½ cups of fruit/day and 2 cups of vegetables/day). *30 day month: 45 cups of fruit and 60 cups of vegetables = 105 total cups!*
- What did the father tomato say to the baby tomato while on a family walk? *Ketchup*
- A bag of whole wheat flour is offered at one store in a 10 lb. bag at \$1.89, and in a 25 lb. bag at \$3.50. Which one is a better buy? *25 lb. bag*
- Kids should drink 6-8 cups of water each day. How much water is that a week? *42 – 56 cups of water*
- My name comes from the Latin word brachium, which means “branch” or “arm.” My tree-like stalks are topped with green florets. What am I? *Broccoli*
- I'm a beautiful red fruit that grows in early summer. I taste sweet and you can eat me in a smoothie, in your cereal, or all by myself. What am I?
Strawberries
- Where does Iowa rank when it comes to corn production in the US? *1st!*

May

- Asparagus are in season now and you are planning to cook some this week. At the store, they are \$0.89. How much will it cost to buy 2.5 lbs? *\$0.89 x 2.5 lbs. = \$2.23*
- Do fruit snacks (packages of gummy product marketed to kids) count as fruit? *No. Fruit snacks are closer to candy than to fruit. They have very little fruit or fruit juice and are mostly made up of sugar, food colorings, artificial flavorings, gelatin and food-grade wax.*
- Most people, including children don't get enough fiber. What are some fruits and vegetables that are high in fiber? *Apples, pears, lentils, pinto beans, raspberries, blackberries, lima beans, and spinach. Fiber helps you feel full and keeps things moving in your digestive tract.*
- Did you know, watermelon originated in Africa over 5,000 years ago! Which country is the world's largest watermelon producer today? *China*
- Eggs! They are great for breakfast, lunch and dinner! What type of nutrients do eggs have? *Protein, Vitamin D and choline.*

- I'm red and round. You can add me to smoothies, yogurt, or just eat me plain. I contain folate, fiber, and many other great things. What am I?
Strawberry
- When measuring liquid, how many pints equal $\frac{1}{2}$ gallon? *4 pints = 1 gallon, 2 pints = $\frac{1}{2}$ gallon.*
- When you set the table to eat, what all should you include in a place setting? Dinnerware (plates, cups, saucers, bowls), glasses/cup, silverware (fork, spoon, knife), napkin, centerpiece, placemat or tablecloth (optional)
- What does % Daily Value (%DV) mean on a food label? These percentages tell you how much a serving contributes to the daily recommendation for each nutrient, known as Daily Value. *The % DV can help you compare foods because you can easily see which food is higher or lower in a nutrient.*
- For lunch, you have $\frac{1}{2}$ cup of fruit, $\frac{3}{4}$ cup of vegetables and $\frac{1}{2}$ cup of pasta. How many cups do you have all together? $\frac{1}{2} + \frac{1}{2} + \frac{3}{4} = 1 \frac{3}{4}$ cup

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