

information from mypyramid.gov

3,4,5 yr old male, 4 & 5 yr old female

1400

5

1.5

30-60

based on weight

extras

1.5

2

4

How to play: at the end of the day mark off all the things you consumed or did. You must get 5+ in a row to get a BINGO. How many BINGO's can you get in one day? Up/down, side to side, diangle.

Please consult your family physician before engaging in activity so that your special needs can be met.

BINGO BITES

Based on a 1400 calorie diet for 3, 4, and 5 yr old males and for 4 and 5 yr old females

grains 5 oz, one spot is 1 oz								
veggies 1.5+ c one spot is 1/2 c								
exercise 45 minutes	10 min	5 min	5 min	5 min	10 min	5 min	5 min	10 min
water**	glass	glass	glass	glass	glass	glass	glass	glass
extras	daily vitamin	helped with a chore	read for 10 minutes	I prayed today and gave thanks	picked up room/toys	was nice to someone today	brushed and flossed teeth	said please and thank you
fruits 1.5 cups one spot is 1/2 c								
dairy 2 cups one spot is 1/2 c								
meat & bean 4 oz one spot is 1 oz								

***add row up to get your total: so if you worked out for 30 minutes, mark off three 10 min.

**Water: take your weight divide in half...that is how many ounces of water you should try to drink a day. Example: weight 80 lbs, 80/2=40, 40 oz a day. Now take those ounces and divide by 8, that is how many ounces you need to drink per glass.

1 oz grains= 1 slice whole wheat bread, 1 cup dry cereal, 1/2 cup cooked rice, 1/2 cup cooked pasta
 1 oz meat/beans = 1 egg, 1 Tsp peanut butter, 1/4 c dried beans, 1 oz meat: lean beef, chicken, turkey, fish.