

information from mypyramid.gov

6-11 year olds

1800

6 oz

2.5

30-60

based on weight

extras

1.5 c

3 c

5 oz

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

Kids for 6-11 years old, based on a 1800 calorie diet from USDA Food Pyramid.

grains 6 oz	1 oz		1 oz	1 oz	1 oz		1 oz	1 oz
veggies 2.5 cups at least		1/2 c	1/2 c	1/2 c	1/2 c		1/2 c	1/2 c
exercise 60 minutes	10 min	10 min	10 min	5 min	5 min	5 min	5 min	5 min
water**	glass	glass	glass	glass	glass	glass	glass	glass
extras	daily vitamin	helped with a chore	read for 10 minutes	practiced sport or instrument	I prayed today and gave thanks	was nice to someone today	picked up room/toys	brushed and flossed teeth
fruits 1.5 cups at least		1/2 c	1/2 c	1/2 c	1/2 c	1/2 c		
dairy 3 cups	1/2 c	1/2 c	1/2 c		1/2 c		1/2 c	1/2 c
meat & beans 5 ounces	1 oz	1 oz			1 oz	1 oz		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.