

Pyramid People Bingo

Find someone in the room who has done the activity described. Have them initial the box. Yell “Bingo” when you have five in a row.

<p>Ate at least one iron source yesterday.</p> 	<p>Likes to walk in the woods.</p>	<p>Is maintaining a healthy weight.</p>	<p>Likes to garden.</p> 	<p>Eats a bean dish at least once a week.</p>
<p>Drinks lowfat (less than 2%) milk.</p>	<p>Likes to fly kites.</p> 	<p>Trims the fat off his/her meat.</p>	<p>Likes to swim.</p>	<p>Has cut down on fried foods in the last year.</p> 
<p>Feels creative today!</p>	<p>Loves strawberries.</p> 	<p>Exercises at least 3 times last week.</p> 	<p>Likes bananas on cereal.</p>	<p>Ate two servings from the milk, yogurt cheese group yesterday.</p>
<p>Former smoker.</p>	<p>Is new to Cooperative Extension</p>	<p>Enjoys riding their bike (and does it often!)</p> 	<p>Ate a vegetable that is a source of beta carotene (a precursor to vitamin A) yesterday.</p>	<p>Has helped someone make a healthy diet change in the last year.</p>
<p>Has increased their use of spices instead of salt in the last year.</p>	<p>Ate one meatless meal yesterday.</p> 	<p>Ate three different sources of foods from the grains group yesterday.</p>	<p>Likes to canoe.</p> 	<p>Loves their job!</p>

