

MEAL BINGO

Challenge addressed: Meal and Snack Inspirations

Use this Meal Bingo activity with your family to inspire what healthy meals your family might eat each week. Use the list of healthy meal options below to fill in the squares or add your own meal ideas. Then tick or cross the meals off your bingo sheet once you have enjoyed them. Each family member can use their own meal bingo sheet. Your child might want to draw and colour in their meal ideas. See who can complete meal bingo first!

If you enjoy playing Meal Bingo, you can also find the free Snack Bingo downloadable activity on the BBC Bitesize Parents' Toolkit website.

Scan for more information





- Homemade burgers
- Vegetable pasta bake
- Eat-the-rainbow pizza
- Veggie fajitas
- Spaghetti bolognese
- Vegetable noodle pancake
- Homemade meatballs
- Beany quesadillas
- Chicken goujons and sweet potato wedges
- Chilli con carne
- Tuna fishcakes
- Vegetarian tacos
- Microwave jacket potatoes with choice of topping
- Pitta pizzas

Find the above recipes on BBC Food under 'healthy recipes for kids'.