

# 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'.

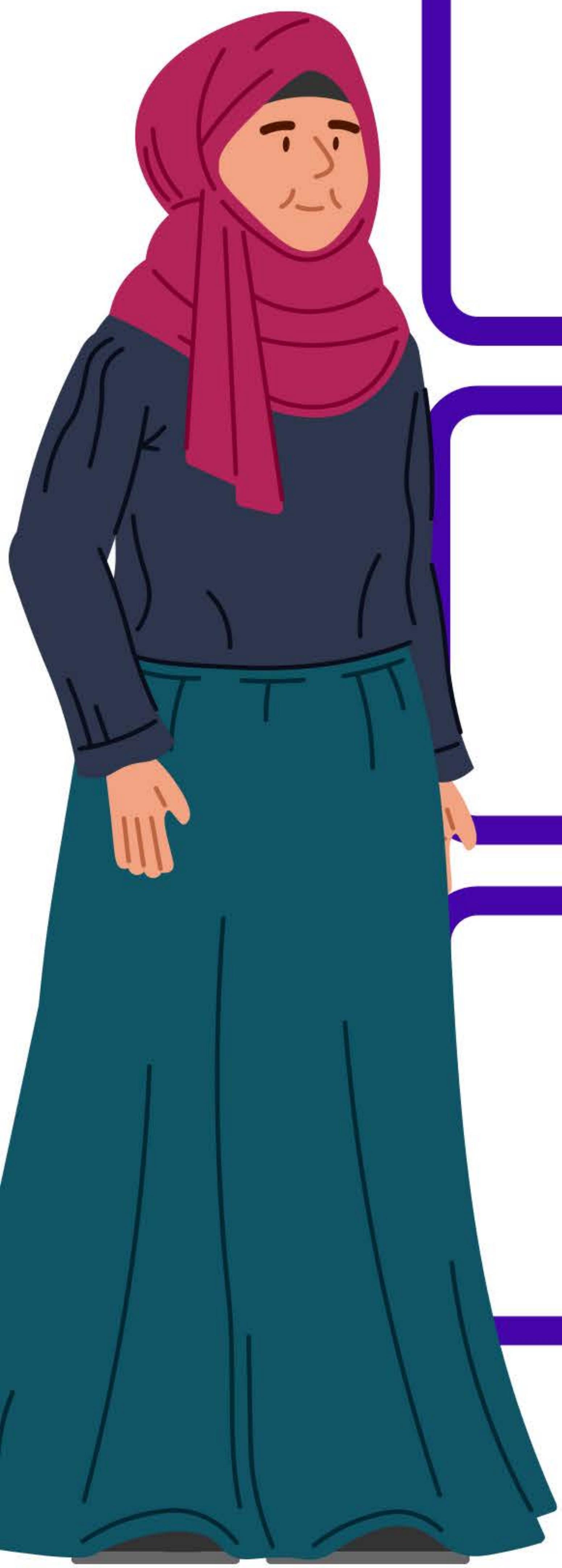


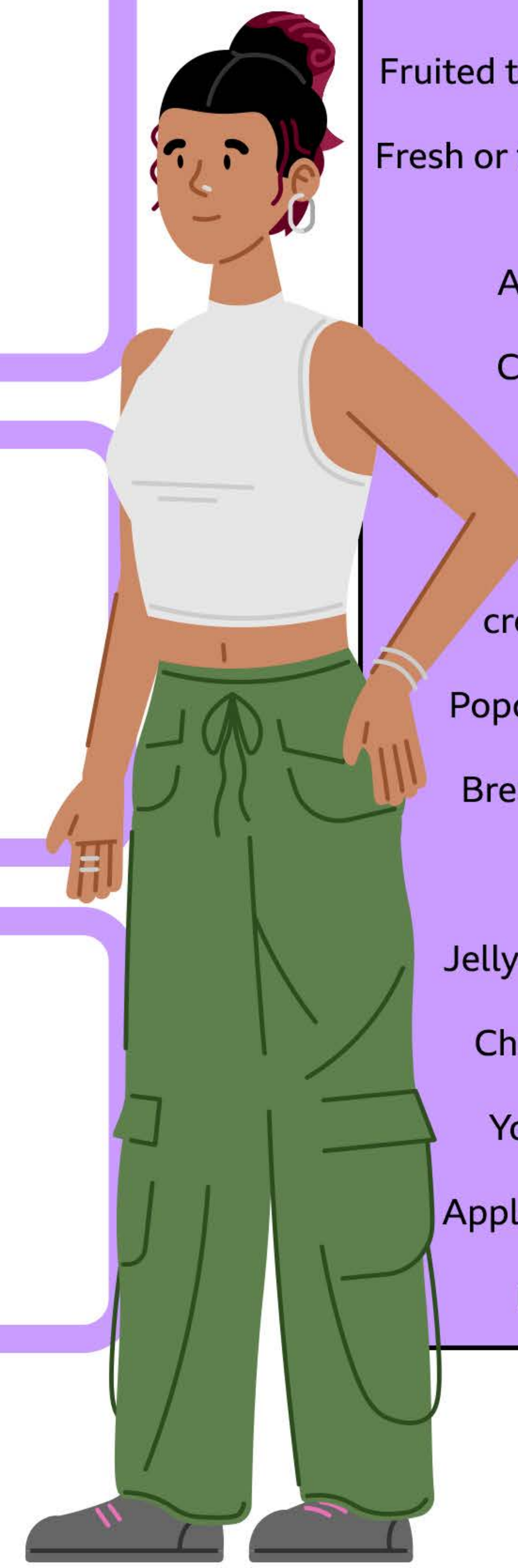
# SNACK BINGO

Challenge addressed: Meal and Snack Inspirations

Use this Snack Bingo activity with your family to inspire what healthy snacks your family might eat each week. Use the list of healthy snack options below to fill in the squares or add your own snack ideas. Then tick or cross the snacks off your bingo sheet once you have enjoyed them. Each family member can use their own snack bingo sheet, and select snacks that suit their own tastes. Your child might want to draw and colour in their snack ideas. See who can complete snack bingo first! If you enjoy playing Snack Bingo, you can also find the free Meal Bingo downloadable activity on the BBC Bitesize Parents' Toolkit website.

Scan for more information



- A slice of malt loaf
- Fruited teacake / hot cross bun / scone
- Fresh or tinned fruit (in juice, not syrup) or fruit salad
- A scotch pancake & fruit
- Crumpet with nut butter & sliced banana
- Pretzels
- Crackers topped with cream cheese & cucumber
- Popcorn or flavoured rice cake
- Breadsticks / plain rice cakes
- Flavoured oat cakes
- Jelly or custard or rice pudding
- Chopped veg with hummus
- Yoghurt / Frozen yoghurt
- Apple slices & cheese / nut butter
- Dried breakfast cereal