



Kitchen Bingo

We are connected to nature through what we eat! All of the ingredients in our food come from nature: Avocados grow on trees, potatoes grow underground, and even milk comes from cows that eat grasses growing from the ground. Every plant needs water, sunlight, and soil to grow—and the Earth provides everything plants, humans, and animals need to live.

Let's play "Kitchen Bingo" to discover all the fruits, seeds, leaves, roots, and shoots that are "hidden" in the things we eat. *Bon appétit!*

Materials

Bingo cards (pages 3–5)
Pen, marker, crayon, or pencil

Directions

1. **Print** 1 bingo card (pages 3–5) for each person playing.
2. **Read** your cards together before you begin the game. Which foods sound familiar?
3. **Ready, set, go!** Search for the fruits, vegetables, and roots on your bingo card. You can look in your fridge, freezer, cupboards, cabinets, or wherever you keep your food.
4. **Call out** each food item you find and mark it on your card with your pencil. Only the person who finds the food and calls it out first gets to mark it on their card.
5. **To win**, be the first to get 5 items in a row either up and down, side to side, or corner to corner. When you get 5 in a row, say, "Bingo!"
6. **Hint:** If you are having trouble finding something on your card, remember there are a lot of "hidden" foods in prepared foods like canned soup, sauces, dips, drinks, and frozen pasta, pizza, and more. Check the ingredients list!

7. Challenges:

- a. If you see something on your bingo card that you haven't heard of, look it up in a dictionary or online with the help of an adult. Can you find it at the store the next time you go shopping or order food?
- b. If you are feeling adventurous, try making something using the fruit or vegetable you just discovered.
- c. If you had a garden, what would you plant? Draw a picture or make a poem about your garden.
- d. Look at the other food in your fridge. Things like cheese, meat, fish, eggs, milk, yogurt, and even rice, pasta, and other grains all rely on sunlight, water, and good soil. Talk with an adult friend or family member and see if you can figure out how each of those foods are connected to our Earth's systems.
- e. Why are sunlight, water, and soil so important for people and animals? How can you and your family save water?

Melon	Kale	Plum	Lime	Taro
Lychee	Cucumber	Ginger	Snap pea	Celery
Zucchini	Mushroom	FREE SPACE	Long bean	Carrot
Onion	Radish	Tomato	Pepper	Garlic
Squash	Berry	Grape	Banana	Avocado

Okra	Tomato	Squash	Mushroom	Pepper
Broccoli	Snap pea	Kale	Potato	Asparagus
Lemon	Lettuce	FREE SPACE	Taro	Zucchini
Onion	Orange	Melon	Long bean	Lychee
Celery	Limes	Radish	Berry	Nopales

Berry	Onion	Lettuce	Mushroom	Squash
Orange	Pepper	Tomato	Zucchini	Melon
Corn	Lime	FREE SPACE	Tangerine	Radish
Grapes	Carrot	Plums	Long bean	Asparagus
Lemon	Ginger	Celery	Avocado	Kale

Grape	Tomato	Apple	Broccoli	Lettuce
Garlic	Pepper	Lime	Avocado	Asparagus
Onion	Melon	FREE SPACE	Cucumber	Nopales
Plum	Lychee	Ginger	Kale	Snap pea
Berry	Squash	Corn	Mushroom	Radish

Garlic	Orange	Broccoli	Squash	Grapes
Kale	Taro	Berries	Melon	Potato
Lemon	Ginger	FREE SPACE	Zucchini	Celery
Radish	Nopales	Pepper	Apple	Lime
Lettuce	Asparagus	Okra	Mushroom	Carrot

Squash	Mushroom	Lettuce	Lemon	Corn
Tomato	Long bean	Lychee	Okra	Pepper
Broccoli	Radish	FREE SPACE	Plum	Banana
Zucchini	Berries	Carrot	Orange	Garlic
Snap pea	Onion	Taro	Limes	Tangerine