

Healthy Holidays

B I N G O

			Follow food safety	
			Keep normal schedule	Start plate with vegetables
Properly store leftovers	Eat Slowly	Free space!		
Have a small plate of unhealthy food	Take small portions			
		Don't stand by table when eating		Don't skip meals

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		Free space!		
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	Don't skip meals	Keep normal schedule		Eat Slowly

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Eat Slowly			Take small portions	
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Properly store leftovers				Don't skip meals
			Follow food safety	

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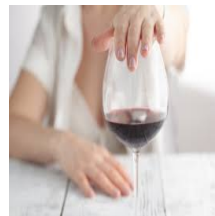
**Keep
normal
schedule**



**Start
plate
with vegetables**

**Properly
store
leftovers**

**Free
space!**



**Don't
skip
meals**

**Don't
stand by
table when eating**

**Have a
small plate
of unhealthy food**

**Eat
Slowly**



**Take
small
portions**

**Follow
food
safety**

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**Keep
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**Don't
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**Don't
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**Free
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**Take
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Eat Slowly



Have a small plate of unhealthy food



Take small portions

Free space!

Properly store leftovers

Keep normal schedule

Start plate with vegetables



Follow food safety



Don't skip meals

Don't stand by table when eating



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Healthy Holidays Call List

- Call out each word or phrase starting at the top.
- To make the game more challenging, give a clue instead of saying the word.
- Use the extra space on this page to write your own notes (e.g., clues you'll use for each word/phrase).



limit alcohol

Follow food safety



breakfast

Eat Slowly

Properly store leftovers



vegetables



myplate



fruits

Keep normal schedule



blueberries



vegetable



walk

Don't skip meals

Have a small plate of unhealthy food



water



veg

Start plate with vegetables



oatmeal



fruit

Take small portions

Don't stand by table when eating



Alkaline Diet



fruits



Fruit punch