








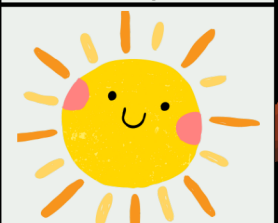



SEE AG

HEALTHY HERO BINGO

Listen to the clues to find a nutrition related picture. Then, use a marker or food item to select each word as it is called out. If you get five in a row, call out "healthy hero!"

 strawberry	 water	 cauliflower	 food rainbow	 cooking
 lettuce	 food safety	 garden	 energy	 farmer's market
 agriculture	 dietary fiber	FREE SPACE	 cultural cuisine	 harvest
 recipe	 soil	 Calcium	 grapes	 SEEDS seeds
 sunlight	 root vegetable	 vitamin	 compost	 broccoli

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 <p>cultural cuisine</p>	 <p>recipe</p>	 <p>agriculture</p>	 <p>dietary fiber</p>	 <p>garden</p>
 <p>broccoli</p>	 <p>seeds</p>	 <p>water</p>	 <p>compost</p>	 <p>cauliflower</p>
 <p>Calcium</p>	 <p>vitamin</p>	<p>FREE SPACE</p>	 <p>strawberry</p>	 <p>soil</p>
 <p>energy</p>	 <p>farmer's market</p>	 <p>food safety</p>	 <p>lettuce</p>	 <p>root vegetable</p>
 <p>food rainbow</p>	 <p>harvest</p>	 <p>grapes</p>	 <p>cooking</p>	 <p>sunlight</p>

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 grapes	 cooking	 root vegetable	 water	 energy
 farmer's market	 lettuce	 dietary fiber	 broccoli	 recipe
 agriculture	 strawberry	FREE SPACE	 garden	 compost
 seeds	 Calcium	 soil	 cauliflower	 vitamin
 food safety	 harvest	 cultural cuisine	 rainbow	 sunlight

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 water	 energy	 root vegetable	 lettuce	 sunlight
 grapes	 vitamin	 dietary fiber	 garden	 agriculture
 cooking	 food rainbow	FREE SPACE	 cultural cuisine	 Calcium
 seeds	 food safety	 recipe	 broccoli	 harvest
 soil	 strawberry	 compost	 farmer's market	 cauliflower

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HEALTHY HERO BINGO









Listen to the clues to find a nutrition related picture. Then, use a marker or food item to select each word as it is called out. If you get five in a row, call out "healthy hero!"

 food safety	 dietary fiber	 recipe	 vitamin	 food rainbow
 root vegetable	 strawberry	 agriculture	 lettuce	 seeds
 compost	 sunlight	FREE SPACE	 broccoli	 cultural cuisine
 harvest	 Calcium	 cauliflower	 grapes	 cooking
 water	 energy	 garden	 farmer's market	 soil

SEE AG

HEALTHY HERO BINGO

Directions: Cut out the pictures below to use as calling cards.

 <p>I am a red fruit with 200 seeds. I am Santa Barbara County's #1 top specialty crop, feeding 25 million people per year. I am a strawberry.</p>	 <p>I am an action-based kitchen activity using edible ingredients to create a meal or snack. I am cooking.</p>
 <p>I make up 70-90% of fruits and vegetables. As a result, I am a hydrating nutrient. I also am a critical part of photosynthesis for plants. I am water.</p>	 <p>I am a planned space, usually outdoors, set aside for the cultivation, display, and enjoyment of plants and nature. I am a garden.</p>
 <p>I am a white cruciferous vegetable in the same family as broccoli. I am Santa Barbara County's #3 top specialty crop. I am cauliflower.</p>	 <p>I use the scientific method to handle and prepare food in ways to prevent foodborne illness by washing my hands and wearing gloves. I am food safety.</p>
 <p>I am a nutrition concept that categorizes fruits and vegetables into color categories, vitamins, and minerals to encourage and simplify learning about body health and wellness. I am the food rainbow.</p>	 <p>I am a green cruciferous vegetable that looks like a tree. I am Santa Barbara County's #5 top specialty crop. I am broccoli.</p>

SEE AG

HEALTHY HERO BINGO

Directions: Cut out the pictures below to use as calling cards.



I am body fuel obtained from digesting and absorbing macronutrients (carbohydrates, fats, proteins).
I am energy.



I am the cooking and eating habits of a particular ethnic group, including traditions and practices.
I am cultural cuisine.



I am a physical retail marketplace intended to sell local farm-fresh foods directly from producers to consumers.

I am a farmer's market.



I am the act of gathering agricultural crops.

I am a harvest.



I am the science of farming. I am the cultivation of soil, crops, and livestock for food and fiber.

I am agriculture.



In contrast to dirt which is dead, I am alive and support the life of plants.

I am soil.



I am a type of carbohydrate found in plant-based foods such as fruits, vegetables, nuts, seeds, legumes, and whole grains. I help with digestion.

I am dietary fiber.



I am a set of instructions that describes how to prepare a dish.

I am a recipe.

SEE AG

HEALTHY HERO BINGO

Directions: Cut out the pictures below to use as calling cards.



I am a mineral found in food that does not provide energy, but is needed for health such as bone strength and development. I am found in green leafy vegetables, dairy products, and fish.

I am Calcium.



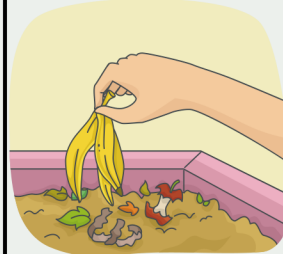
I am a fruit that grows on vines. My dried form is called raisins. I am Santa Barbara County's #4 top specialty crop.

I am grapes.



I am a micronutrient found in food that does not provide energy, but is needed for health functions like immunity, eyesight, and wound healing.

I am a vitamin.



I am a process in which leaves and food scraps are used to enrich soil.

I am compost.



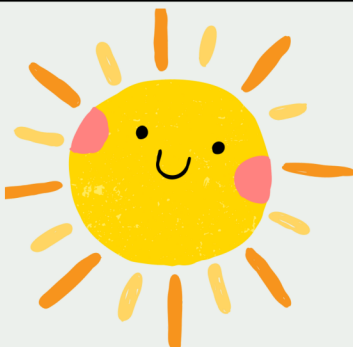
I am a vegetable classification that includes potatoes, parsnips, radishes, carrots, beets, and onions. I grow underground.

I am a root vegetable.



I am the part of a flowering plant that contains an embryo within its protective coat.

I am seeds.



My rays are an energy source for plant growth, and for vitamin D production in human skin.

I am sunlight.



I am a leaf vegetable often used in salads. I am Santa Barbara County's #2 top specialty crop.

I am lettuce.