

# 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	 lemon	 food rainbow	 cooking
 raspberry	 food safety	 garden	 energy	 farmer's market
 agriculture	 dietary fiber	<b>FREE SPACE</b>	 cultural cuisine	 harvest
 recipe	 soil	 Calcium	 avocado	 seeds
 sunlight	 root vegetable	 vitamin	 compost	 celery

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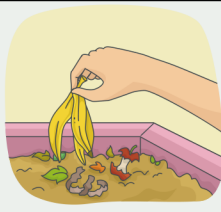





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 <p>cultural cuisine</p>	 <p>recipe</p>	 <p>agriculture</p>	 <p>dietary fiber</p>	 <p>garden</p>
 <p>celery</p>	 <p>seeds</p>	 <p>water</p>	 <p>compost</p>	 <p>lemon</p>
 <p>Calcium</p>	 <p>vitamin</p>	<p><b>FREE SPACE</b></p>	 <p>strawberry</p>	 <p>soil</p>
 <p>energy</p>	 <p>farmer's market</p>	 <p>food safety</p>	 <p>raspberry</p>	 <p>root vegetable</p>
 <p>food rainbow</p>	 <p>harvest</p>	 <p>avocado</p>	 <p>cooking</p>	 <p>sunlight</p>

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 avocado	 cooking	 root vegetable	 water	 energy
 farmer's market	 raspberry	 dietary fiber	 celery	 recipe
 agriculture	 strawberry	<b>FREE SPACE</b>	 garden	 compost
 seeds	 Calcium	 soil	 lemon	 vitamin
 food safety	 harvest	 cultural cuisine	 food rainbow	 sunlight

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 water	 energy	 root vegetable	 celery	 sunlight
 avocado	 vitamin	 dietary fiber	 garden	 agriculture
 cooking	 food rainbow	<b>FREE SPACE</b>	 cultural cuisine	 Calcium
 seeds	 food safety	 recipe	 raspberry	 harvest
 soil	 strawberry	 compost	 farmer's market	 lemon

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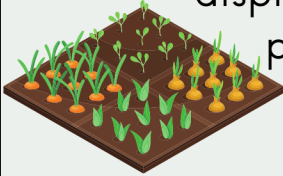




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 food safety	 dietary fiber	 recipe	 vitamin	 food rainbow
 root vegetable	 strawberry	 agriculture	 celery	 seeds
 compost	 sunlight	<b>FREE SPACE</b>	 raspberry	 cultural cuisine
 harvest	 Calcium	 lemon	 avocado	 cooking
 water	 energy	 garden	 farmer's market	 soil

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## 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 Ventura County's #1 top specialty crop, feeding 25 million people per year.</p> <p><b>I am a strawberry.</b></p>	 <p>I am an action-based kitchen activity using edible ingredients to create a meal or snack.</p> <p><b>I am cooking.</b></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.</p> <p><b>I am water.</b></p>	 <p>I am a planned space, usually outdoors, set aside for the cultivation, display, and enjoyment of plants and nature.</p> <p><b>I am a garden.</b></p>
 <p>I am a round and sour citrus fruit with thorns on my stems. Each citrus tree can produce up to 1,500 pieces of fruit. I am the #2 top Ventura County specialty crop.</p> <p><b>I am a lemon.</b></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.</p> <p><b>I am food safety.</b></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.</p> <p><b>I am the food rainbow.</b></p>	 <p>I am a sweet, juicy, and fuzzy berry rich in vitamin C, potassium, and fiber. I can fit on fingertips. I am Ventura County's #4 top specialty crop.</p> <p><b>I am a raspberry.</b></p>

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## 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.**

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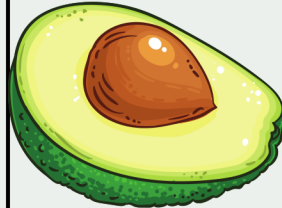
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I am a mineral found in food that does not provide energy, but is needed for health such as bone strength and development. I am found in green leafy vegetables, dairy products, and fish.

**I am Calcium.**



I am a green fruit with a central large brown pit. I am in guacamole, and rich in magnesium, vitamin K, vitamin E, healthy fats, and fiber. I am Ventura County's #5 top specialty crop.

**I am an avocado.**



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.**



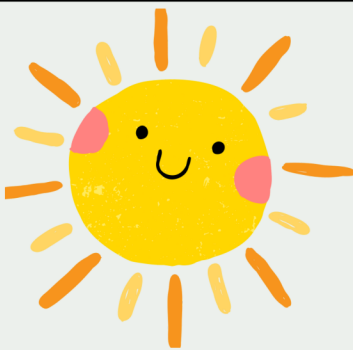
I am a vegetable classification that includes potatoes, parsnips, radishes, carrots, beets, and onions. I grow underground.

**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 light green anti-inflammatory stalk with leaves. I have crunchy stems, am 95% water, and contain vitamin K. I am Ventura County's #3 top specialty crop, making up 80% of US production.

**I am celery.**