

Be Well Bingo
Elementary School
Health Challenge
September 26-November 6, 2011

Healthier Cumberland

Taking Steps to a Healthier Community



www.healthiercumberland.org

www.bewellbarroncounty.org



Be Well Bingo Rules




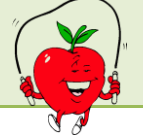
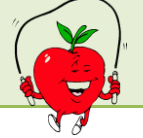


1. Be Well Bingo Challenge is a 6-week healthy eating and physical activity challenge that runs from September 26th through November 7th.
2. Participants must have 4 Bingos each week to qualify for prize drawings. A Bingo consists of 7 X's in a row: Vertically, horizontally or diagonally.
3. Return your completed bingo form to your teacher each week. Sheets must be turned in by Tuesday each week.
4. There will be drawings for individual prizes each week and a grand prize will be awarded at the end of the contest.
 - a. Local elementary schools will be competing against one another for the grand prize of assorted recess equipment including: various balls, jump ropes, etc.
 - b. The elementary school with the highest percentage of participation will win! Play bingo & help your school!

For more information, visit www.BeWellBarronCounty.org, email contact@bewellbarroncounty.org or call Laura at 715.537.6120.

Be Well Bingo- Week



X each square you complete

Monday September 26 	I ate 2-3 servings of milk, cheese, or yogurt	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate at least 2 servings of red fruit today	I spent 30 minutes being active today	No soda pop today	I tasted a new fruit today	I ate at least 3 servings veggies today
Tuesday September 27 	I ate at least 2 servings of fruit today	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 2 servings of green vegetables today	Free Choice Activity for 45 minutes	I did 50 sit-ups or push-ups today	No candy today	I ate at least 3 servings yellow veggies today
Wednesday September 28 	I ate at least 3 servings veggies today	No soda pop today	I spent 60 minutes being active today	No fast food today	I ate at least 2 servings red or yellow fruit today	I ate 2-3 servings of milk, cheese, or yogurt	Free Choice Activity for 30 minutes
Thursday September 29 	Free Choice Activity for 30 minutes	I did 25 sit-ups or push-ups today	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 3 servings veggies today	No soda pop today	I ate at least 2 servings of fruit today
Friday September 30 	I helped plan and prepare a family meal	I tasted a new vegetable today	I ate 2-3 servings of milk, cheese, or yogurt	I spent 45 minutes being active today	Free Choice Activity for 60 minutes	I ate at least 2 servings of fruit today	No soda pop today
Saturday October 1 	I spent 45 minutes being active today	I ate at least 2 servings of fruit today	No soda pop today	I ate at least 1 serving of yellow and red veggies today	I ate 2-3 servings of milk, cheese, or yogurt	Free Choice Activity for 30 minutes	I helped plan and prepare a family meal
Sunday October 2 	No soda pop today	Free Choice Activity for 30 minutes	I did 50 sit-ups or push-ups today	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 2 servings of green or purple fruit today	I ate at least 3 servings veggies today

Minimum of 4 Bingos to qualify for incentive prizes

Free Choice Activity ideas: Biking, cleaning the house, family walk, pushing the lawn mower, jump rope, walking the dog, team sports, dance, catch, and anything else you can think of!

Check us out at: www.BeWellBarronCounty.org










Due Tuesday, October 4th

Parent Signature

Be Well Bingo- Week



X each square you complete

Monday October 3 	I ate 2-3 servings of milk, cheese, or yogurt	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate at least 2 servings red or yellow fruit today	No fast food today	I did 50 sit-ups or push-ups today	I tasted a new fruit today	I ate at least 3 servings veggies today
Tuesday October 4 	I ate at least 2 servings of green or purple fruit today	I ate 2-3 servings of milk, cheese, or yogurt	I tasted a new vegetable today	Free Choice Activity for 45 minutes	I ate 2-3 servings of milk, cheese, or yogurt	I helped plan and prepare a family meal	I ate at least 3 servings veggies today
Wednesday October 5 	I ate at least 3 servings veggies today	I ate at least 2 servings of fruit today	I spent 60 minutes being active today	I spent 30 minutes being active today	I ate at least 2 servings of red fruit today	I ate 2-3 servings of milk, cheese, or yogurt	Free Choice Activity for 30 minutes
Thursday October 6 	Free Choice Activity for 30 minutes	I ate at least 3 servings veggies today	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 3 servings yellow veggies today	No soda pop today	No soda pop today
Friday October 7 	No candy today	I ate at least 2 servings of green vegetables today	I ate fresh, raw vegetables today	Free Choice Activity for 60 minutes	I spent 45 minutes being active today	I ate at least 2 servings of fruit today	I did 25 sit-ups or push-ups today
Saturday October 8 	I helped plan and prepare a family meal	I did 50 sit-ups or push-ups today	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 1 serving of yellow and red veggies today	I tasted a new fruit today	Free Choice Activity for 30 minutes	I spent 45 minutes being active today
Sunday October 9 	No soda pop today	Free Choice Activity for 30 minutes	No soda pop today	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate at least 2 servings of fruit today	I ate at least 2 servings of fruit today	I ate at least 3 servings veggies today

Minimum of 4 Bingos to qualify for incentive prizes

Free Choice Activity ideas: Biking, cleaning the house, family walk, pushing the lawn mower, jump rope, walking the dog, team sports, dance, catch, and anything else you can think of!

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BE WELL
Barron County
EAT WELL. PLAY WELL. BE WELL.

Due Tuesday, October 11th

Parent Signature _____

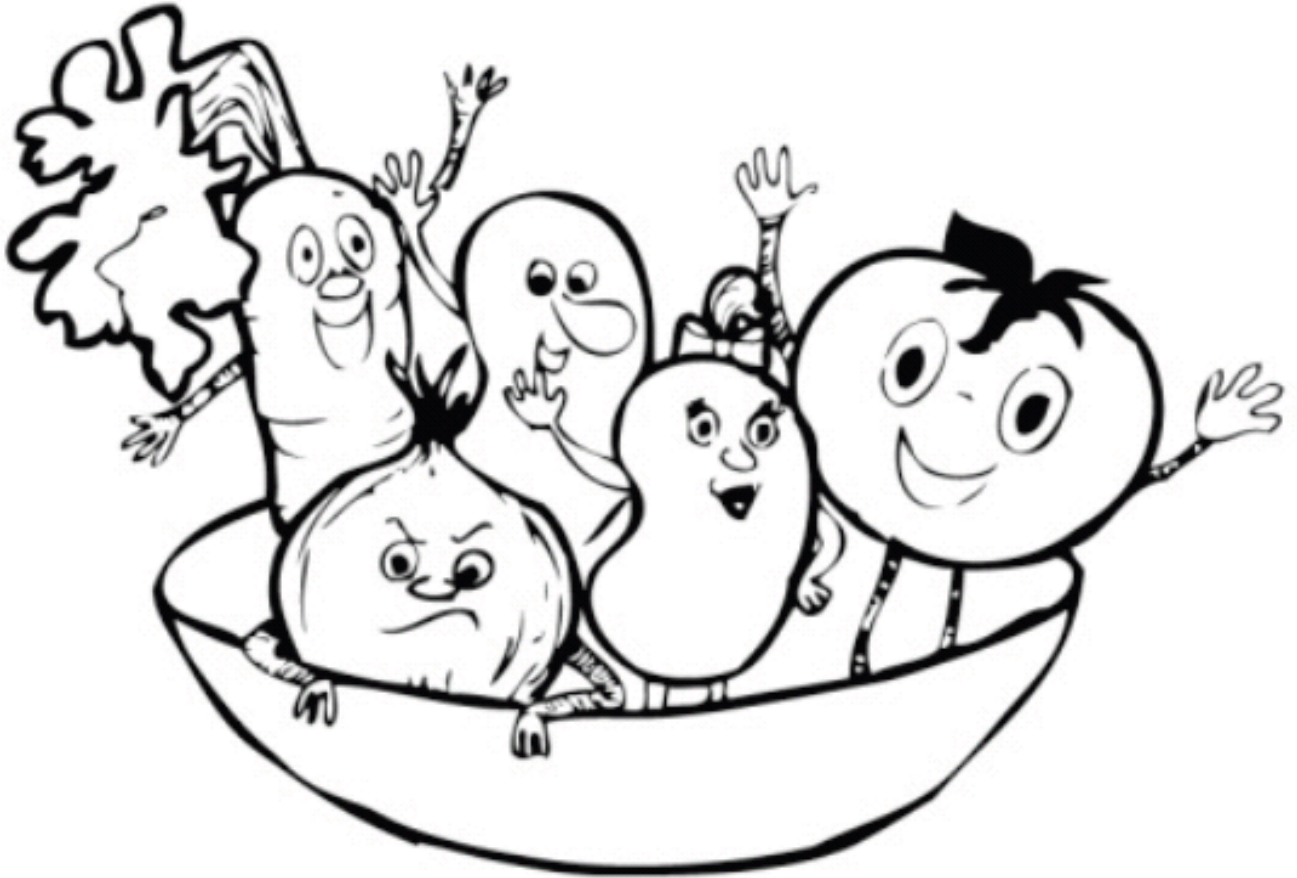
Be Well Activity

My Veggie Friends

MY HEALTHY FOOD FRIENDS

COLOR THESE HEALTHY VEGGIES FRIENDS

SEE IF YOU CAN NAME EACH VEGETABLE.






MY FAVORITE VEGGIE FRIEND IS: _____

Be Well Bingo- Week



X each square you complete
Minimum of 4 Bingos to qualify for incentive prizes

Monday October 10	I ate at least 3 servings yellow veggies today	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate at least 2 servings red or yellow fruit today	No soda pop today	I did 50 sit-ups or push-ups today	I ate at least 2 servings of green vegetables today	I ate at least 3 servings veggies today
Tuesday October 11	I ate at least 2 servings of fruit today	I ate 2-3 servings of milk, cheese, or yogurt	I tasted a new fruit today	Free Choice Activity for 45 minutes	I ate 2-3 servings of milk, cheese, or yogurt	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 3 servings veggies today
 Wednesday October 12	I ate at least 3 servings veggies today	I ate at least 2 servings of fruit today	I spent 60 minutes being active today	I helped plan and prepare a family meal	I ate at least 2 servings of red fruit today	I ate 2-3 servings of milk, cheese, or yogurt	Free Choice Activity for 30 minutes
Thursday October 13	Free Choice Activity for 30 minutes	I ate at least 1 serving of yellow and red veggies today	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I helped plan and prepare a family meal	I ate 2-3 servings of milk, cheese, or yogurt	No soda pop today	No fast food today
 Friday October 14	No candy today	I tasted a new fruit today	I ate fresh, raw vegetables today	Free Choice Activity for 60 minutes	I spent 45 minutes being active today	I ate at least 2 servings of fruit today	Free Choice Activity for 30 minutes
Saturday October 15	I spent 30 minutes being active today	I did 50 sit-ups or push-ups today	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 3 servings veggies today	I tasted a new vegetable today	Free Choice Activity for 30 minutes	I spent 45 minutes being active today
 Sunday October 16	No soda pop today	I did 25 sit-ups or push-ups today	I helped plan and prepare a family meal	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate at least 2 servings of fruit today	I ate at least 2 servings of green or purple fruit today	I ate at least 3 servings veggies today

Free Choice Activity ideas: Biking, cleaning the house, family walk, pushing the lawn mower, jump rope, walking the dog, team sports, dance, catch, and anything else you can think of!

Check us out at: www.BeWellBarronCounty.org



Due Tuesday, October 18th

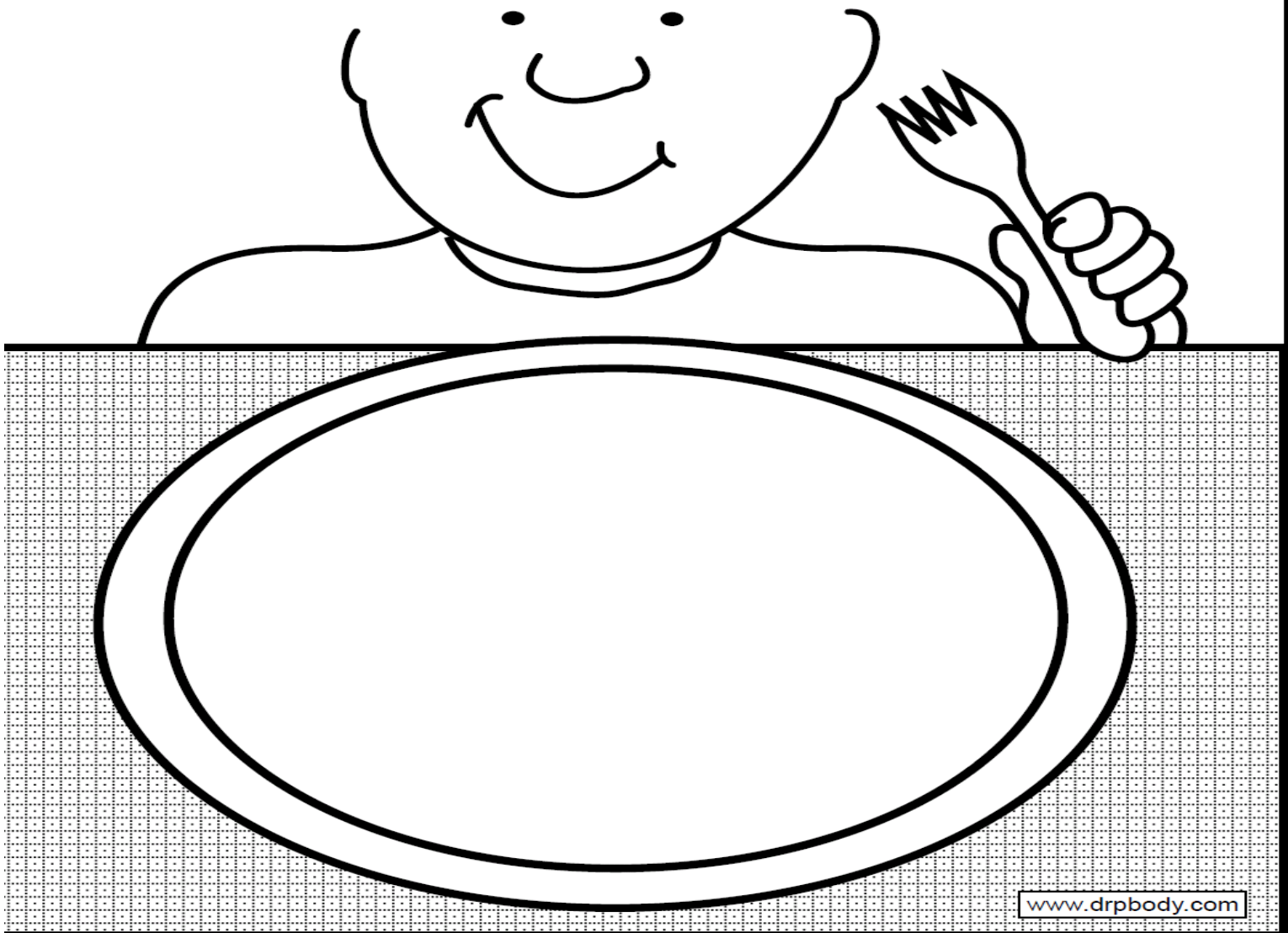
Parent Signature _____

Be Well Activity

My Favorite Dinner

Finish drawing yourself eating your favorite dinner.

Be sure to fill the plate with what you like to eat, then be prepared to tell others what parts of the meal go with the different levels of the Food Pyramid.



Be Well Bingo- Week



X each square you complete

Monday October 17	I tasted a new vegetable today	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate at least 2 servings red or yellow fruit today	No soda pop today	I ate at least 3 servings veggies today	I helped plan and prepare a family meal	I ate 2-3 servings of milk, cheese, or yogurt
Tuesday October 18	I ate at least 2 servings of whole grains today	Free Choice Activity for 60 minutes	I tasted a new fruit today	Free Choice Activity for 45 minutes	I ate 2-3 servings of milk, cheese, or yogurt	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate at least 3 servings veggies today
Wednesday October 19	I ate at least 3 servings veggies today	Free Choice Activity for 30 minutes	I spent 60 minutes being active today	I ate at least 2 servings of green vegetables today	I ate at least 2 servings of red fruit today	I ate 2-3 servings of milk, cheese, or yogurt	I did 25 sit-ups or push-ups today
Thursday October 20	I ate at least 2 servings of fruit today	I ate at least 1 serving of yellow and red veggies today	I spent 45 minutes being active today	I helped plan and prepare a family meal	I ate at least 3 servings veggies today	No soda pop today	No candy today
Friday October 21	No fast food today	I tasted a new fruit today	I did 50 sit-ups or push-ups today	I ate 2-3 servings of milk, cheese, or yogurt	I spent 45 minutes being active today	I ate at least 2 servings of fruit today	Free Choice Activity for 30 minutes
Saturday October 22	I spent 30 minutes being active today	I ate fresh, raw vegetables today	I ate 2-3 servings of milk, cheese, or yogurt	I did 50 sit-ups or push-ups today	I ate at least 3 servings yellow veggies today	Free Choice Activity for 30 minutes	Less than 1 hour of screen time (TV, computer, video games, cell phone)
Sunday October 23	No soda pop today	Free Choice Activity for 30 minutes	I helped plan and prepare a family meal	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 2 servings of fruit today	I ate at least 2 servings of green or purple fruit today	I ate at least 3 servings veggies today

Minimum of 4 Bingos to qualify for incentive prizes

Free Choice Activity ideas: Biking, cleaning the house, family walk, pushing the lawn mower, jump rope, walking the dog, team sports, dance, catch, and anything else you can think of!

Check us out at: www.BeWellBarronCounty.org



Due Tuesday, October 25th








Parent Signature

Be Well Bingo- Week



X each square you complete

Minimum of 4 Bingos to qualify for incentive prizes

Monday October 24 	I tasted a new fruit today	I ate 2-3 servings of milk, cheese, or yogurt	I helped plan and prepare a family meal	No soda pop today	I ate at least 3 servings veggies today	I ate at least 2 servings red or yellow fruit today	Less than 1 hour of screen time (TV, computer, video games, cell phone)
Tuesday October 25 	I ate at least 2 servings of whole grains today	Free Choice Activity for 60 minutes	I tasted a new vegetable today	Free Choice Activity for 45 minutes	I helped plan and prepare a family meal	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate at least 3 servings veggies today
Wednesday October 26 	I ate at least 3 servings veggies today	I did 50 sit-ups or push-ups today	Free Choice Activity for 30 minutes	I ate at least 2 servings of green vegetables today	I ate at least 2 servings of green or purple fruit today	I ate 2-3 servings of milk, cheese, or yogurt	I spent 45 minutes being active today
Thursday October 27 	I ate at least 2 servings of fruit today	I ate at least 3 servings veggies today	I spent 45 minutes being active today	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 1 serving of yellow and red veggies today	No soda pop today	No candy today
Friday October 28 	No fast food today	I tasted a new fruit today	Free Choice Activity for 30 minutes	I ate 2-3 servings of milk, cheese, or yogurt	I did 25 sit-ups or push-ups today	I ate at least 2 servings of fruit today	I spent 30 minutes being active today
Saturday October 29 	Free Choice Activity for 30 minutes	I ate fresh, raw vegetables today	I helped plan and prepare a family meal	I did 50 sit-ups or push-ups today	I ate at least 3 servings yellow veggies today	I spent 60 minutes being active today	Less than 1 hour of screen time (TV, computer, video games, cell phone)
Sunday October 30 	No soda pop today	Free Choice Activity for 30 minutes	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 2 servings of whole grains today	I ate at least 2 servings of fruit today	I ate at least 2 servings of red fruit today	I ate at least 3 servings veggies today

Free Choice Activity ideas: Biking, cleaning the house, family walk, pushing the lawn mower, jump rope, walking the dog, team sports, dance, catch, and anything else you can think of!

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Due Tuesday, November 1st

Parent Signature _____

Be Well Activity

Food Groups Coloring Page

Organize the Food Group Worksheet

Circle the pictures that belong in the food group.
Oops. Some food don't belong in the food pyramid. Cross those out!

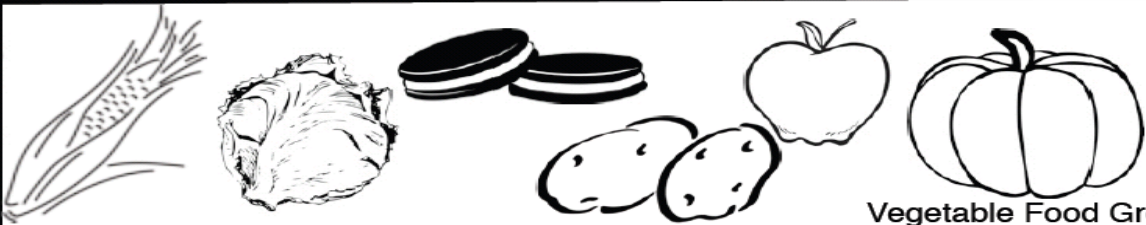
Color the picture!



Milk Food Group



Fruit Food Group



Vegetable Food Group



Grains Food Group










Meat & Beans Food Group

Be Well Bingo- Week



X each square you complete

Minimum of 4 Bingos to qualify for incentive prizes

Monday October 31 	No candy today	I ate 2-3 servings of milk, cheese, or yogurt	No soda pop today	I helped plan and prepare a family meal	I did 50 sit-ups or push-ups today	I ate at least 2 servings red or yellow fruit today	Free Choice Activity for 45 minutes
Tuesday November 1 	I did 50 sit-ups or push-ups today	Free Choice Activity for 60 minutes	I ate at least 2 servings of fruit today	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I helped plan and prepare a family meal	Free Choice Activity for 30 minutes	I ate at least 3 servings veggies today
Wednesday November 2 	I ate at least 3 servings veggies today	I ate at least 3 servings veggies today	I spent 45 minutes being active today	I ate at least 2 servings of green vegetables today	Free Choice Activity for 30 minutes	I ate 2-3 servings of milk, cheese, or yogurt	Free Choice Activity for 30 minutes
Thursday November 3 	I ate at least 2 servings of fruit today	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I spent 45 minutes being active today	I ate at least 1 serving of yellow and red veggies today	I ate 2-3 servings of milk, cheese, or yogurt	No soda pop today	I tasted a new fruit today
Friday November 4 	No fast food today	I ate at least 3 servings veggies today	Free Choice Activity for 30 minutes	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 2 servings of fruit today	I tasted a new vegetable today	I spent 30 minutes being active today
Saturday November 5 	Less than 1 hour of screen time (TV, computer, video games, cell phone)	I ate fresh, raw vegetables today	I spent 60 minutes being active today	I ate at least 2 servings of whole grains today	I ate at least 3 servings yellow veggies today	I helped plan and prepare a family meal	I ate at least 3 servings veggies today
Sunday November 6 	No soda pop today	I ate at least 2 servings of green or purple fruit today	I ate 2-3 servings of milk, cheese, or yogurt	I ate at least 2 servings of whole grains today	I did 25 sit-ups or push-ups today	I ate at least 2 servings of red fruit today	I tasted a new fruit today

Free Choice Activity ideas: Biking, cleaning the house, family walk, pushing the lawn mower, jump rope, walking the dog, team sports, dance, catch, and anything else you can think of!

Check us out at: www.BeWellBarronCounty.org



Due Tuesday, November 8th

Parent Signature _____

Be Well Activity

Health Word Scramble

1. DOBY

1. _____

2. REAWT

2. _____

3. ODOF

3. _____

4. NRU

4. _____

5. NNAABA

5. _____

6. TFA

6. _____

7. TRIUF

7. _____

8. RAING

8. _____

9. PPALE

9. _____

10. KLMI

10. _____

Health Word Scramble Answers

- | | |
|-----------|----------|
| 1. Body | 6. Fat |
| 2. Water | 7. Fruit |
| 3. Food | 8. Grain |
| 4. Run | 9. Apple |
| 5. Banana | 10. Milk |