



Complete this worksheet and turn in  
to your coach by \_\_\_\_\_  
to get a GOLD star!



# Challenge #1: I Eat Right!

Due Date: \_\_\_\_\_

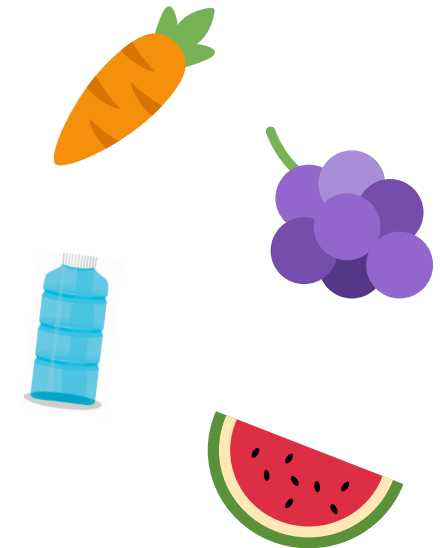
Name: \_\_\_\_\_

Complete the challenges to mark off 5 boxes in a row to get a BINGO this week!

You can either go 5 boxes accross, 5 boxes down, or 5 boxes diagonally.



Eat a green vegetable	Ride a bike or walk	Have fruit for a snack	Cook a healthy meal with your family	Eat at least 2 servings of fruit in 1 day
Eat a protein that is not meat Examples: beans nuts eggs	Eat from each of the 5 food groups	Drink at least 3 water bottles full of water in one day	Jump rope	Eat an orange vegetable
Play outside	Make half your plate fruits and vegetables for a meal	Eat a healthy meal with your family	Choose a healthy snack	Drink one glass of milk
Avoid sugary drinks for the day	Eat a red fruit	Eat a vegetable at 2 meals	Eat a whole grain food Examples: brown rice whole grain bread air popped popcorn	Go for a walk
Drink water instead of pop.	Eat a food item that does not contain added sugars	Stretch	Eat a healthy breakfast	Eat a yellow fruit



I have completed  
Challenge 1!



Child's Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_