

Canadian Food Bingo

AGES
3 to 9



Are you looking for a fun activity to do with your kiddos at home, with small groups of friends or at birthday parties? Get ready for fun and laughter with this unique bingo activity showcasing Canadian foods!

Supplies:

- Printer
- Paper for printer (8.5 x 11 inches)
- Something to mark the bingo cards (bingo dabber, pen, pencil, marker, coins, etc.)

Instructions:

1. Choose and print a bingo kit located on TeachNutrition.ca. You can choose either 5 or 10 unique bingo cards, depending on the number of children playing. If you don't have a color printer, download the kit to a USB or your phone and take it to local printing company.
2. Cut out the calling cards to use in place of bingo balls. Shuffle the calling cards into a deck.
3. Give one bingo card to each child.
4. Read out one calling card at a time, until the child locates the food on their bingo card.
5. Play until someone gets one line or a full card. The line can be horizontal, vertical or diagonal.

Tip:

Pick the clues most suited to the children who are playing. The “clues” section is easiest, while “origin” and “fun fact” sections are more challenging.

Expand Learnings at Home

Connect Through Conversation

When playing the game, pay attention to foods that are unfamiliar to you or your child. If the child does not recognize a certain food:

- Do a Google search to learn more about them as a family.
- Talk about where the food comes from, how it's grown, what color it is, what sound it makes when you eat it, etc.
- Try that food for a meal or snack.

Activities for Extra Fun!

Explore foods at the grocery store to help build your child's vocabulary.

- Practice more challenging words from the calling cards in a real-life setting. For example, Bocconcini can be a hard word for younger children. Go to the deli section of the store to find Bocconcini, check the sizes of the "balls", etc.
- Introduce Indigenous language and culture with our salmon calling card. Learn how to pronounce *Plamu* (in Mi'kmaw) and *polam* (in Wolastoqey). Google how to properly pronounce these words.

Try this hopscotch game with a twist.

- Use chalk to draw a game of hopscotch with squares featuring different colours. Get kids to name a food that matches the colour of the square they land on. For example, children could say broccoli or celery for the green square and yogurt or milk for the white square. Refer to our bingo calling cards if children need food ideas.

Play I Spy grocery game.

- Bring a few calling cards to the grocery store. Read a few clues as you and your child go through the store. See how many foods your child finds.

Looking for another activity about Canadian foods?

- Do a craft activity with your budding artists. Try our *Canadian Food Garland* craft activity on Teach Nutrition.ca. Your child will become familiar with foods grown in Canada, or even in your own backyard.