












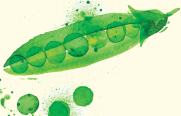















Fruit and Vegetable Bingo

To make sure your body gets the most nutrients and vitamins, it's important to eat a variety of colorful fruits and vegetables at each meal. Encourage your child to explore new flavors and different ingredients with our Bingo card! Get Bingo by marking off five squares in a row in any direction (you can mark these off by including each type of fruit or vegetable in your meals).

 ASPARAGUS	 EGGPLANT	 CORN	 BROCCOLI	 APPLE
 RASPBERRIES	 PUMPKIN	 LETTUCE	 BELL PEPPER	 BANANA
 POMEGRANATE	 BEETS	 Free	 PEAS	 PEACH
 PLUM	 CHERRIES	 PEAR	 CARROTS	 AVOCADO
 MANGO	 OLIVES	 LEMON	 ORANGE	 CUCUMBER

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