EAT WELL, FEEL SUPER!

1. VEGETABLES & LEGUMES
2. FRUITS
3. GRAINS & CEREALS
4. MEAT, FISH, NUTS, EGGS & TOFU
5. DAIRY & ALTERNATIVES

HIGH 5 FOR A SUPER YOU!

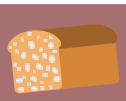
DPV Health®

Let's Explore the Five Food Groups Bingo!

HIGH 5 FOR A SUPER YOU!

- Pick an activity to get started.
- Mark off each square when you eat a food from that group during the day/week.
- Get BINGO! by completing a row across, down, or diagonally.
- Challenge yourself to complete the entire card.

Every food group helps our bodies grow, learn and play.
Have fun discovering foods from the Five Food Groups!

Vegetables & Legumes	Fruit	 Grains & Cereals	Meat & Alternatives	Dairy & Alternatives
Broccoli	Orange	Wholegrain crackers	Boiled egg	Cheese cubes
Chickpeas	Banana	Wholegrain toast	Hummus	Plain yoghurt
Cherry tomatoes	Strawberries	Rice cakes	Baked beans	Milk
Capsicum	Pear	Wholegrain cereal	Chicken or Fish	Cottage cheese
Celery	Pineapple	Oats	Tofu	Grated cheese

Scan the QR code to access DPV Health's Active Living resources and support for parents and caregivers.