

# AVOKIDDOS GUACAMOLE SHOPPING BINGO

(FOR AGES 5 AND UP)

Keep children busy with learning about good nutrition and healthy foods while shopping in the grocery stores. Use the BINGO board on the next page or create your own customized BINGO Boards and keep copies ready for visits to the supermarket!

**WORDS & EDUCATIONAL CUES:**

- Avocados - Do you know where that fruit comes from? Mexico! Did you know that avocados are a fruit?
- Good Fats – Avocados are virtually the only healthy fruit with good fats. The body needs some dietary fat in moderation to help with absorption of nutrients.
- Lemons or Limes - Did you know that citrus juice prevents avocados from turning brown?
- Tomatoes (canned or fresh) – Tomatoes are full of vitamins and minerals, like vitamin C and lycopene.
- Pico de gallo – Used frequently in Mexican cuisine, pico de gallo is also called salsa fresca. It is made from chopped tomato, onion, cilantro, fresh jalapeños, salt, and lime juice. It is a great shortcut to make delicious guacamole with avocados.
- Black Beans – Beans (also called legumes) are a source of dietary fiber. Fiber is found in fruits, vegetables and whole grains.
- Onions – How many colors of onions can you find in the produce department? (e.g., white, yellow, red, green).
- Jalapeño – Did you know that some peppers are spicy and some are not? Can you find a pepper that is not spicy?
- Cilantro – Fresh herbs are a lower salt (sodium) alternative to use in flavoring food.
- A variety of fruits, vegetables, and whole grains.
- Replacing butter with unsaturated, plant-based fats such as olive oil, nuts and avocados.<sup>1</sup>
- Beans (legumes) are included at meals and provide protein and fiber.
- Seafood and poultry are consumed more frequently than red meats.
- Herbs and spices flavor foods (instead of table salt).

<sup>1</sup>. See Fat Comparison Chart on page 8

# GUACAMOLE SHOPPING BINGO



PICO DE GALLO



ONION



AVOCADO



CORN



MEXICAN SPICES



CILANTRO



JALAPEÑOS



LIME



TORTILLA CHIPS