**Foods & Nutrition Bingo**

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

*Task:* Practicing household chores is important for kids to learn responsibility and self-reliance. Complete the chores on the BINGO card and have a caregiver/parent sign the task when each task has been completed! If you don’t have access to a printer, make a list on a piece of paper. Can you complete all 25? Good luck!

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| --- | --- | --- | --- | --- |
| **Help prepare breakfast** | **Wipe down doorknobs, taps, and electronics** | **Write a thank-you/appreciation to someone** | **Wash, dry, and put away the dishes** | **Empty a dishwasher/tidy your kitchen** |
| **Set the table 3x** | **Make your bed 3 mornings in a row** | **Wipe kitchen surfaces, including fridge door and stovetop** | **Collect household garbage and recycling** | **Read for 15 minutes** |
| **Wipe down the inside of your microwave** | **Help prepare supper** |  **Caregiver’s choice (they decide!)** | **Help prepare lunch** | **Wipe down doorknobs, taps, and electronics** |
| **Read for 15 minutes** | **Give three sincere compliments** | **Organize your closet/clothes. Make a pile to donate.** | **Caregiver’s choice (they decide!)** | **Sweep or vacuum**  |
| **Get the mail** | **Read for 15 minutes** | **Go for a 15 minute walk outdoors** | **Tidy your room** | **Clear the table after a meal** |