

BINGO BOARD

WEEK #1 AND #2

Earn a bingo to enter our drawing for gift cards from local businesses! Drawings will happen every 2 weeks.

EAT A MEAL OR SNACK WITH ALL 5 FOOD GROUPS FROM MYPLATE	DEFINE WHAT "CANDLING" IS AND PRACTICE IT ON AN EGG	VISIT FOODHERO.ORG . FIND, PRINT AND COLOR A COLORING PAGE FEATURING EGGS	CREATE A BALANCE COURSE IN YOUR YARD/DRIVE WITH A FAMILY MEMBER	HAVE A DANCE OFF TO YOUR FAVORITE SONG
SHARE THE 4 COMPONENTS OF SOIL FROM THE "WHAT IS SOIL?" EXPERIMENT W/ SOMEONE ELSE	USE A ROLLED UP SOCK TO PLAY THE BALL PASS GAME OF FOOD GROUPS	FIND AN OREGON GROWN OR PROCESSED FOOD IN YOUR PANTRY OR FRIDGE	OPEN A RAW EGG AND NAME THE DIFFERENT PARTS	WRITE A HANDWASHING THEMED LYRICS TO A SIMPLE SONG SUCH AS ROW, ROW, YOUR BOAT
VISIT FOODHERO.ORG AND FIND A RECIPE WITH YOUR FAVORITE FRUIT AS AN INGREDIENT	RESEARCH 3 AGRICULTURAL PRODUCTS OF KLAMATH COUNTY	FREE	BE A KITCHEN HELPER - WIPE THE COUNTERS CLEAN BEFORE STARTING TO PREPARE FOOD	COMPLETE THE "WHAT IS SOIL?" SCIENCE EXPERIMENT
DO 10 JUMPING JACKS AND 10 SQUATS	COMPLETE THE "BREAK IT DOWN" EXPERIMENT	MAKE A FOOD HERO APPLE SANDWICH	COMPLETE THE "WHAT IS A SEED?" LESSON & MAKE SEED TAPE	NAME 1 FOOD FROM EACH OF THE 5 FOOD GROUPS IN LESS THAN 10 SECONDS
CREATE A BALANCE COURSE IN YOUR HOUSE WITH A FAMILY MEMBER	GO FOR A SOCIALLY DISTANT WALK OR HIKE OUTSIDE	SEARCH FOR SEEDS - FIND A SEED INSIDE YOUR PANTRY & ONE ON A PLANT OUTSIDE	ENTER THE KLAMATH BASIN AGRICULTURE ART CONTEST	FIND A DECOMPOSER IN YOUR GARDEN OR YARD



Visit our [webpage](#) for registration and activity guides. Questions? Email janice.schooler@oregonstate.edu or call 541-883-4582.



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HOW DO I EARN PRIZES?

BINGO INSTRUCTIONS:

1. Every 2 weeks throughout this program, we will post a new bingo board. Download and save this file as a PDF.
2. Open the PDF in a program that allows you to use a digital pen or add shapes. Programs such as Edge or Adobe Acrobat (PC), DocHub-PDF Sign and Edit (Chromebook), or Viewer (Mac) all have this feature.
3. As you complete activities, you should digitally mark the specific tile with an "X" or check mark. Activities in orange text corresponds to the Art Contest, green text corresponds to exercises from the Grow it, Cook it, Like it! program, and black text corresponds to the Wellness Activities. Visit our [webpage](#) for registration and activity guides.
4. At the end of the two weeks, email your board to janice.schooler@oregonstate.edu and the name of the registered student if you have bingo. For each bingo you have, you will be entered in a drawing for a gift card to a local business. Drawings will happen every 2 weeks.

