



# Beans



Put an X through the squares of fruits, vegetables, and physical activities you try. Get five in a row for a bingo.

# le Fuel your fun

Eat fruits and veggies.



B	I	N	G	O
 Play	 Catch	 Black Beans	 Tropical Fruit	 Pineapple
 Dance	 Banana	 Play	 Frozen Vegetables	 Kick
 Edamame	 Bowl	 Family Ate A Meal Together	 Garbanzo Beans	 Shoot
 Canned Fruit	 Stretch	 Banana	 Frozen Fruit	 Walk
 Walk	 Edamame	 Tropical Fruit	 Hike/Climb	 Catch



## Beans: A Good Value

Meat can be the most expensive part of the meal. No fear, beans are also a healthy source of protein and cost less. Another bonus is that beans are full of fiber and nutrients. Canned beans are already cooked, making them a convenient option for busy days. Toss beans into your salad, taco meat or mix them into your soup for extra protein!



**Q:** Why is fiber important for my child?

**A:** Most people, including children, don't eat enough fiber. Fiber helps your child feel full and keeps things moving in their digestive tract. A diet rich in fiber can prevent or relieve constipation. Turn to plant foods such as fruit, vegetables, whole grains and legumes for the fiber your child needs.

### Examples of High Fiber Fruits and Vegetables:

- Apples
- Pears
- Lentils
- Pinto beans
- Raspberries
- Blackberries
- Lima beans
- Spinach



# PLAY YOUR WAY!

one hour a day!

## Is winter keeping your child inside?

Balance screen time with play time. It may take a while to limit screen time to two hours a day—that's okay!

- **Play music:** Encourage your children to make their own dance moves. Add ribbons, balloons and balls for more movement.
- **Plan a scavenger hunt:** Hide items around the house for your child to look for. Give them hints such as "hot" (close to the item) or "cold" (far from the item).
- **Play Simon Says:** "Simon" tells the players what to do, such as "jump twice" or "touch your head." The players must only obey commands that begin with the words "Simon says."
- **Open Gym:** Take advantage of times the school gym is open.

CHILD'S NAME

has completed a Pick a better snack™ bingo this month.

GROWN-UP SIGNATURE

**PARENT**  
**APPROVED**

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