



# FOOD & HEALTH BINGO

I OFTEN EAT  
BISCUITS AND  
SWEETS.

I RARELY DRINK  
WATER, ONLY  
COFFEE AND  
FIZZY DRINKS.

I EAT AN APPLE  
OR A BANANA  
EVERY DAY.

I DISLIKE  
VEGETABLES  
LIKE CABBAGE  
AND BROCCOLI.

I OFTEN EAT A  
SLICE OF CAKE  
AFTER DINNER.

I EAT CEREAL  
WITH MILK FOR  
BREAKFAST.

I PREFER FRIED  
MEAT AND CAKES  
TO FRUIT AND  
VEGETABLES.

I LIKE EATING  
BOILED  
CARROTS AND  
PEAS FOR  
DINNER.

I ENJOY GRILLED  
CHICKEN WITH  
TOMATOES AND  
CUCUMBERS.

I LIKE TO EAT A  
HANDFUL OF  
CHERRIES OR  
GRAPES AS A  
SNACK.

I DRINK STILL  
WATER AND EAT  
WATERMELONS  
IN SUMMER.

I LOVE EATING  
BREAD WITH  
BUTTER EVERY  
MORNING.



I LIKE TO EAT  
CELERY AND  
AUBERGINE  
SALAD.

I OFTEN SKIP  
BREAKFAST.

I SNACK ON  
CRISPS AND  
BISCUITS  
INSTEAD OF  
EATING FRUIT.

I OFTEN EAT  
LATE AT NIGHT.

I EAT FRUITS LIKE  
WATERMELON,  
FIGS, AND  
CHERRIES FOR  
DESSERT.

I EAT  
CHOCOLATE  
BARS INSTEAD  
OF PROPER  
MEALS.

I ADD LEMON  
AND GINGER TO  
MY TEA.

I DRINK A GLASS  
OF WATER  
EVERY MORNING  
BEFORE  
BREAKFAST.

I ALWAYS ORDER  
FOOD DELIVERY,  
OFTEN FAST  
FOOD.

I OFTEN EAT IN  
FRONT OF THE  
SCREEN WITHOUT  
NOTICING HOW  
MUCH I EAT.

I EAT SMALL  
PORTIONS  
THROUGHOUT  
THE DAY.

I SKIP MEALS  
WHEN I'M BUSY  
AND END UP  
OVEREATING IN  
THE EVENING.