



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.