



Learning the Facts BINGO

Directions: Work together in pairs to find other student-pairs who have the answer(s) to the squares below. Once found, the student-pairs providing the responses should initial the bottom right hand of the square.

<p>Drinks that are sweetened with added sugars are called:</p> <p>_____</p> <p>Initials: _____</p>	<p>_____ and water are in beverages and food.</p> <p>Initials: _____</p>	<p>Drinks that provide a high amount of vitamins and minerals and are lower in calories than similar drinks are called:</p> <p>_____</p> <p>Initials: _____</p>
<p>List three of the six main categories of nutrients:</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p> <p>Initials: _____</p>		<p>Calcium is important in building strong bones and teeth. Name two sources of calcium:</p> <p>1 _____</p> <p>2 _____</p> <p>Initials: _____</p>
<p>What main nutrient helps to control body temperature and transports other nutrients and waste in the body?</p> <p>_____</p> <p>Initials: _____</p>	<p>This can result when plaque on your teeth and gums constantly interacts with the sugars in the foods and drinks you consume:</p> <p>_____</p> <p>Initials: _____</p>	<p>High fructose corn syrup, white sugar, and molasses are types of:</p> <p>_____</p> <p>Initials: _____</p>





Learning the Facts BINGO - Answer Key

Directions: Work together in pairs to find other student-pairs who have the answer(s) to the squares below. Once found, the student-pairs providing the responses should initial the bottom right hand of the square.

<p>Drinks that are sweetened with added sugars are called:</p> <p><u>Sugar-sweetened beverages</u></p>	<p><u>Liquids</u> and water are in beverages and food.</p>	<p>Drinks that provide a high amount of vitamins and minerals and are lower in calories than similar drinks are called:</p> <p><u>Nutrient-dense drinks</u></p>
<p>List three of the six main categories of nutrients:</p> <p>Carbohydrates, Fats, Protein, Vitamins, Minerals, and Water</p>		<p>Calcium is important in building strong bones and teeth. Name two sources of calcium:</p> <p>Almonds, dark green leafy vegetables, calcium fortified orange juice, tofu, lowfat dairy products, dried beans, and cactus leaves (nopales)</p>
<p>What main nutrient helps to control body temperature and transports other nutrients and waste in the body?</p> <p><u>Water</u></p>	<p>This can result when plaque on your teeth and gums constantly interacts with the sugars in the foods and drinks you consume:</p> <p><u>Tooth decay</u></p>	<p>High fructose corn syrup, white sugar, and molasses are types of:</p> <p><u>Added sugars</u></p>

