**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.

| Drinks that are sweetened with added sugars are called: | Drinks that provide a high amount of vitamins and minerals and are lower in calories than similar drinks are called: |
|--------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------
| ____________________________ | ____________________________ |
| Initials: _____ | Initials: _____ |

<table>
<thead>
<tr>
<th>List three of the six main categories of nutrients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 __________________________</td>
</tr>
<tr>
<td>2 __________________________</td>
</tr>
<tr>
<td>3 __________________________</td>
</tr>
<tr>
<td>Initials: _____</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calcium is important in building strong bones and teeth. Name two sources of calcium:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 __________________________</td>
</tr>
<tr>
<td>2 __________________________</td>
</tr>
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<table>
<thead>
<tr>
<th>What main nutrient helps to control body temperature and transports other nutrients and waste in the body?</th>
</tr>
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<td>____________________________________________________________________________________________</td>
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<td>Initials: _____</td>
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<table>
<thead>
<tr>
<th>This can result when plaque on your teeth and gums constantly interacts with the sugars in the foods and drinks you consume:</th>
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<tr>
<th>High fructose corn syrup, white sugar, and molasses are types of:</th>
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**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.

<table>
<thead>
<tr>
<th>Drinks that are sweetened with added sugars are called:</th>
<th><strong>Liquids</strong> and water are in beverages and food.</th>
<th>Drinks that provide a high amount of vitamins and minerals and are lower in calories than similar drinks are called:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sugar-sweetened beverages</strong></td>
<td></td>
<td><strong>Nutrient-dense drinks</strong></td>
</tr>
</tbody>
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<th>List three of the six main categories of nutrients:</th>
<th>Calcium is important in building strong bones and teeth. Name two sources of calcium:</th>
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<tbody>
<tr>
<td><strong>Carbohydrates, Fats, Protein, Vitamins, Minerals, and Water</strong></td>
<td><strong>Almonds, dark green leafy vegetables, calcium fortified orange juice, tofu, lowfat dairy products, dried beans, and cactus leaves (nopales)</strong></td>
</tr>
</tbody>
</table>

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<tr>
<th>What main nutrient helps to control body temperature and transports other nutrients and waste in the body?</th>
<th>This can result when plaque on your teeth and gums constantly interacts with the sugars in the foods and drinks you consume:</th>
<th>High fructose corn syrup, white sugar, and molasses are types of:</th>
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<tbody>
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<td><strong>Water</strong></td>
<td><strong>Tooth decay</strong></td>
<td><strong>Added sugars</strong></td>
</tr>
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