

Bingo game 1

Food	Complex carbs *	Healthy omega 3 fat	Saturated fat warning	Added sugar warning!	Full of iron	Full of calcium	Full of vitamin C	Source of vitamin D	Good fiber source	(Ultra) processed food warning	Umami point	Herbs and spices	Planet friendly	Gluten free point	Plant based protein point	Veggie point
Sauce																
Protein																
Carbs																
Extra																
Extra																
Extra																
Total																
* wholemeal, vegetable, legumes																

Bingo game 2

Food	Complex carbs *	Healthy omega 3 fat	Saturated fat warning	Added sugar warning!	Full of iron	Full of calcium	Full of vitamin C	Source of vitamin D	Good fiber source	(Ultra) processed food warning	Umami point	Herbs and spices	Planet friendly	Gluten free point	Plant based protein point	Veggie point
Sauce																
Protein																
Carbs																
Extra																
Extra																
Extra																
Total																

* wholemeal, vegetable, legumes