



“Dig Deeper” Bingo
 Week 7
 Food/ Cooking



Play a game with your family	Help in the kitchen	Visit the library	Watch a virtual tour	Learn something new
Do a Random Act of Kindness	Take a trip to a local park	Read a suggested book	Care for a pet or other animal	Do one of the suggested movement activities
Watch A movie with family	Go for a walk outside	FREE SPACE	Do a chore to help your family	Learn to read a recipe
Try a new food	Make something using a recipe	Read For 20 minutes	Color/ draw a picture	Find a Nutrition Fact label
Work on a puzzle	Name the 5 food groups	Listen/ dance to music	Listen to a virtual Storytime	Go on a bike ride

