

# Nutrition & Food Groups Bingo

myfreebingocards.com

## Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to [mfbc.us/e/xnjan](https://mfbc.us/e/xnjan)

## Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

## Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to [myfreebingocards.com/virtual-bingo](https://myfreebingocards.com/virtual-bingo).

## Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/fag> where you will find solutions to most common problems.

## Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: [mfbc.us/s/xnjan](https://mfbc.us/s/xnjan)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/xnjan](https://mfbc.us/e/xnjan)

Go to [myfreebingocards.com/bingo-card-generator](https://myfreebingocards.com/bingo-card-generator) to create a new set of bingo cards.

## Legal

The terms of use for these printable bingo cards can be found at [myfreebingocards.com/terms](https://myfreebingocards.com/terms).

## Have Fun!

If you have any feedback or suggestions, drop us an email on [hello@myfreebingocards.com](mailto:hello@myfreebingocards.com).

# Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

Saturated fat	Unsaturated fat	Polyunsaturated fat	Nuts	Complete Protein	Protein	Fats
Carbohydrates	Fibre	Fluid	Minerals	Vitamin A	Vitamin B	Vitamin K
Water soluble vitamins	Complex carbohydrates	Simple carbohydrates	Beans			

# Nutrition & Food Groups

Saturated fat		Fibre		Nuts
Complex carbohydrates	Polyunsaturated fat	Simple carbohydrates	Minerals	
Unsaturated fat		Vitamin B		Vitamin K
Carbohydrates		Fats	Water soluble vitamins	Complete Protein
Beans		Protein	Fluid	Vitamin A

# Nutrition & Food Groups

Simple carbohydrates	Fluid	Polyunsaturated fat	Saturated fat	Carbohydrates
Complex carbohydrates		Protein	Unsaturated fat	
Vitamin K	Complete Protein			Fats
		Vitamin B		Fibre
Nuts	Beans	Vitamin A	Minerals	Water soluble vitamins

# Nutrition & Food Groups

Protein	Minerals	Simple carbohydrates	Complete Protein	Fats
Vitamin A		Water soluble vitamins		Vitamin B
	Fluid	Saturated fat		Polyunsaturated fat
Beans	Unsaturated fat		Carbohydrates	Vitamin K
Nuts	Fibre	Complex carbohydrates		

# Nutrition & Food Groups

Vitamin B	Fibre	Unsaturated fat		Fluid
	Minerals	Nuts	Vitamin K	Simple carbohydrates
Saturated fat	Protein	Water soluble vitamins		
Complete Protein	Carbohydrates		Vitamin A	Complex carbohydrates
Polyunsaturated fat		Fats		Beans

# Nutrition & Food Groups

Fibre		Vitamin B		
Carbohydrates	Simple carbohydrates	Polyunsaturated fat		Vitamin A
Water soluble vitamins		Vitamin K	Complex carbohydrates	Fats
		Minerals	Complete Protein	Saturated fat
Beans	Unsaturated fat	Protein	Fluid	Nuts

# Nutrition & Food Groups

Fibre		Saturated fat		Water soluble vitamins
	Polyunsaturated fat		Fluid	Simple carbohydrates
Minerals		Protein	Nuts	Fats
Carbohydrates	Unsaturated fat	Vitamin B	Vitamin K	Complex carbohydrates
Complete Protein	Vitamin A			Beans

# Nutrition & Food Groups

Vitamin K		Nuts	Unsaturated fat	Water soluble vitamins
Beans	Simple carbohydrates	Polyunsaturated fat		Fats
	Protein	Complex carbohydrates		Minerals
Fibre	Fluid	Complete Protein		Vitamin B
Saturated fat	Carbohydrates		Vitamin A	

# Nutrition & Food Groups

Vitamin K	Saturated fat	Carbohydrates	Complex carbohydrates	
	Vitamin B		Fibre	
Simple carbohydrates	Protein	Minerals		
Vitamin A		Water soluble vitamins	Fats	Nuts
Complete Protein	Beans	Polyunsaturated fat	Fluid	Unsaturated fat

# Nutrition & Food Groups

Carbohydrates	Complete Protein	Fluid	Unsaturated fat	
Fibre			Fats	Saturated fat
Protein	Minerals	Vitamin K		Polyunsaturated fat
Vitamin A	Beans	Nuts		Complex carbohydrates
	Simple carbohydrates		Water soluble vitamins	Vitamin B

# Nutrition & Food Groups

Vitamin B	Unsaturated fat	Nuts		
Polyunsaturated fat	Beans			
Fluid	Water soluble vitamins	Saturated fat	Complete Protein	Simple carbohydrates
Fats	Vitamin K	Fibre	Vitamin A	
Complex carbohydrates	Protein	Carbohydrates		Minerals

# Nutrition & Food Groups

	Vitamin A	Saturated fat		
Minerals	Carbohydrates	Fibre	Fluid	Simple carbohydrates
Beans	Vitamin K	Nuts	Water soluble vitamins	Fats
Polyunsaturated fat	Protein	Unsaturated fat		Vitamin B
			Complex carbohydrates	Complete Protein

# Nutrition & Food Groups

Polyunsaturated fat	Beans	Minerals		
Complete Protein	Fluid	Complex carbohydrates	Vitamin A	
Fats	Simple carbohydrates		Water soluble vitamins	Vitamin K
Fibre	Vitamin B	Saturated fat	Carbohydrates	
	Protein	Nuts	Unsaturated fat	



# Nutrition & Food Groups

Simple carbohydrates	Water soluble vitamins		Carbohydrates	Complete Protein
Fluid			Vitamin K	Minerals
Polyunsaturated fat	Unsaturated fat	Saturated fat		Beans
	Nuts		Complex carbohydrates	Vitamin B
	Fats	Fibre	Vitamin A	Protein

# Nutrition & Food Groups

Complete Protein	Water soluble vitamins		Fats	Fluid
	Simple carbohydrates	Protein	Complex carbohydrates	Minerals
	Vitamin A	Polyunsaturated fat		Fibre
Nuts		Vitamin B		Unsaturated fat
Saturated fat	Vitamin K	Carbohydrates	Beans	

# Nutrition & Food Groups

Beans	Carbohydrates	Fibre	Polyunsaturated fat	
Protein	Vitamin B	Fluid		
Minerals		Unsaturated fat	Simple carbohydrates	Saturated fat
Water soluble vitamins	Complex carbohydrates		Vitamin K	
Vitamin A		Nuts	Fats	Complete Protein

# Nutrition & Food Groups

	Minerals	Fats	Vitamin K	
Vitamin B	Vitamin A	Simple carbohydrates	Water soluble vitamins	Fluid
Protein	Nuts		Fibre	Complete Protein
Polyunsaturated fat	Saturated fat	Complex carbohydrates	Carbohydrates	Unsaturated fat
	Beans			

# Nutrition & Food Groups

Fibre	Minerals		Vitamin K	Water soluble vitamins
	Beans		Unsaturated fat	Carbohydrates
Complete Protein	Fluid		Complex carbohydrates	Polyunsaturated fat
Fats		Vitamin A	Nuts	Protein
Saturated fat	Vitamin B			Simple carbohydrates

# Nutrition & Food Groups

Fats				Simple carbohydrates
Fluid	Saturated fat	Minerals	Nuts	Protein
Vitamin B	Fibre	Complex carbohydrates	Complete Protein	Carbohydrates
Unsaturated fat		Beans		
	Polyunsaturated fat	Vitamin A	Vitamin K	Water soluble vitamins

# Nutrition & Food Groups

	Complex carbohydrates	Water soluble vitamins	Fats	Complete Protein
	Carbohydrates		Fluid	Nuts
Protein	Vitamin K	Saturated fat		Unsaturated fat
Polyunsaturated fat	Beans	Simple carbohydrates		
Fibre	Vitamin A	Minerals	Vitamin B	

# Nutrition & Food Groups

Fluid	Unsaturated fat		Minerals	
Polyunsaturated fat	Nuts	Beans	Fibre	
Water soluble vitamins	Vitamin A	Complex carbohydrates	Fats	Carbohydrates
Simple carbohydrates		Vitamin B	Vitamin K	Protein
			Complete Protein	Saturated fat

# Nutrition & Food Groups

Unsaturated fat	Nuts	Minerals	Beans	Saturated fat
Protein	Fibre	Vitamin B		
		Vitamin K	Water soluble vitamins	Complete Protein
Polyunsaturated fat	Simple carbohydrates		Fluid	Fats
		Complex carbohydrates	Vitamin A	Carbohydrates

# Nutrition & Food Groups

Fats			Complete Protein	Nuts
Fibre	Polyunsaturated fat		Carbohydrates	
Vitamin K	Simple carbohydrates	Vitamin A	Complex carbohydrates	Saturated fat
	Fluid	Unsaturated fat		Beans
Vitamin B	Water soluble vitamins	Protein	Minerals	

# Nutrition & Food Groups

Complex carbohydrates	Complete Protein		Polyunsaturated fat	
Unsaturated fat	Vitamin K	Protein	Vitamin B	Carbohydrates
Simple carbohydrates	Fats		Beans	Water soluble vitamins
Fluid	Vitamin A	Nuts	Minerals	
	Saturated fat			Fibre

# Nutrition & Food Groups

Vitamin A	Protein			Complex carbohydrates
Nuts	Minerals	Water soluble vitamins	Vitamin B	Fibre
Fluid	Beans		Fats	Carbohydrates
Polyunsaturated fat			Complete Protein	
Saturated fat	Unsaturated fat		Simple carbohydrates	Vitamin K

# Nutrition & Food Groups

Protein	Fluid	Vitamin B		
Carbohydrates	Fats		Complete Protein	Vitamin K
Complex carbohydrates	Minerals		Unsaturated fat	Vitamin A
Simple carbohydrates	Water soluble vitamins		Saturated fat	Nuts
Beans	Fibre	Polyunsaturated fat		

# Nutrition & Food Groups

	Beans	Complete Protein	Simple carbohydrates	
	Vitamin K	Fats	Unsaturated fat	Complex carbohydrates
	Polyunsaturated fat	Fibre		Nuts
Protein	Vitamin A	Fluid	Water soluble vitamins	Minerals
Saturated fat	Carbohydrates			Vitamin B

## Nutrition & Food Groups

<b>Fibre</b>	<b>Beans</b>	Vitamin K	Vitamin B	<b>Fluid</b>
Unsaturated fat			Water soluble vitamins	Vitamin A
	Protein	<b>Fats</b>		Saturated fat
Carbohydrates	<b>Nuts</b>	Minerals	Complete Protein	Complex carbohydrates
	Polyunsaturated fat	Simple carbohydrates		

## Nutrition & Food Groups

Complex carbohydrates	Saturated fat	Vitamin K	Polyunsaturated fat	
Unsaturated fat	Vitamin A	Vitamin B		Minerals
	Protein	Simple carbohydrates	Complete Protein	Carbohydrates
		Beans		<b>Fluid</b>
Water soluble vitamins	<b>Nuts</b>		<b>Fats</b>	<b>Fibre</b>



# Nutrition & Food Groups

Complex carbohydrates		Vitamin A		
Beans			Fats	Carbohydrates
Fluid	Minerals	Water soluble vitamins	Vitamin B	
Protein	Simple carbohydrates	Unsaturated fat		Vitamin K
Nuts	Polyunsaturated fat	Saturated fat	Complete Protein	Fibre

# Nutrition & Food Groups

Nuts	Beans			Vitamin B
	Minerals	Unsaturated fat	Complex carbohydrates	Vitamin K
Saturated fat	Fluid	Fibre		
Fats	Simple carbohydrates	Protein	Complete Protein	
	Vitamin A	Polyunsaturated fat	Carbohydrates	Water soluble vitamins