



Pacific
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PACIFIC NUTRITION BINGO



i.e. Sweet potato – and ask the players which food group it belongs to. When the players have answered correctly, the game can proceed – i.e. players with the food called out on their cards should put a marker on top of the picture of the food, and so on.

Be sure to check each time you play *Pacific Nutrition Bingo* that you have not lost any of the tickets. Here is a checklist of all the food items used in this version of the game.

Protective foods

Pineapple
Tomato
Mango
Pumpkin
Fresh seaweed
Ripe banana
Chinese cabbage
Bok Choy
Green beans
Guava
Watermelon
Pawpaw
Cucumber
Eggplant
Pandan fruit
Okra
Watercress
Bele
Taro leaves
Carrot

Body building foods

Dried beans
Beef
Lamb
Chicken
Pork
Nuts
Cheese
Seafood
Tofu
Tinned tuna
Fresh fish
Milk
Yoghurt
Egg
Potatoes
Butter
Sugar cane
Noodles

Energy foods

Taro
Cassava
Breadfruit
Yam
Sweet potato
Coconut
Green banana
Rice
Bread
Crackers
Oil
Potatoes
Butter
Sugar cane
Noodles

Beverages

Coconut water
Water
Water with lime
Pineapple skin juice
Lemon leaf tea
Watermelon otai

RULES

Read these guidelines carefully before starting to play the game. *Pacific Nutrition Bingo* is an exciting game that can be played by people of all ages. It can be played by large groups or by only a few people.

Both children and adults like to play *Pacific Nutrition Bingo*. People who cannot read English can easily play, using the pictures as a guide. The English words on the tickets can be translated into local languages.

The *Pacific Nutrition Bingo* game set can be re-used many times to teach good nutrition.

Aim of the game

The aim of this game is to promote healthy foods and eating habits, and for players to learn:

- the concept of the 3 FOOD GROUPS: PROTECTIVE, BODY-BUILDING, ENERGY;
- that foods containing similar nutrients, with similar functions in the body, are classed together in a FOOD GROUP;
- the functions that foods have in the body.

You will need the following things to play the game:

1. A set of Pacific Nutrition Bingo cards. (Note: There are 30 cards in a set; each card is different.)
2. A set of 'tickets' with the names of the food groups and foods on them. (Before starting to play, cut out each of the tickets on the dotted lines.)
3. A jar or small basket in which to place the tickets.
4. Markers, such as small shells or stones (at least 16 for each player).

To win, a player must have four markers in a STRAIGHT LINE ACROSS the card. This means that the winner has a line that contains a PROTECTIVE FOOD, a BODY-BUILDING FOOD, an ENERGY FOOD, and also a DRINK.

A player cannot win by having the shells or stones in a straight line going down the card, because all of the foods would be from one group. (Note: It is also possible to have a straight line of foods from each of the 3 food groups plus a drink, DIAGONALLY across the card.)

Prizes, such as a nutrition poster, booklet or healthy food – e.g. local fruits and vegetables – can be given to the game winners.

How to play the game: Instructions for group leaders or teachers

1. Hand out a Pacific Nutrition Bingo card and some markers to each player. Explain the rules of the game to the players.
2. Shake up the jar or basket of tickets and take one out. Read out the name of the food group and the name of the food on the ticket to the players – e.g. ENERGY, Sweet Potato.
3. The players should look to see if they have the food called out on their cards. If they do, they should put a marker on top of the picture of the food. If they do not have the correct picture on their cards, then they should do nothing and wait for the next ticket to be called.
4. Display the ticket face-up and pick out another ticket. After reading out each ticket, place it with the other tickets from the same food group. Carry on in this way until one of the players has four markers in a straight line across his or her card.
5. The first player to have four markers in a straight line should call out 'BINGO'.
6. The game should stop to allow the player who called out 'BINGO' to read out the names of the food groups and foods and drink he/she has covered, which make up the straight line across the bingo card.
7. Check the tickets in front of you to make sure these have been called out to the group. If they match, the player who called out 'BINGO' is the winner and the game is over. If they are not correct, then the game goes on until someone wins.

8. After someone wins, the game can be played again. All players should remove the shells or stones from their cards and start again at the beginning of each new game. Players may wish to take turns being the game leader.

EXTRA NOTES

Another way to play the game

After someone has won by having a line across the card and calling 'BINGO', the game can continue in the same way described above, until a player covers ALL the foods on his/her card.

Changing foods

If there are any foods on the cards that are not found in your country, it is possible to change them. Choose another food from the same food group that is common in your country, and draw and label this food yourself. Stick the drawing of the new food on top of the food picture you wish to replace on the bingo cards. Be sure to check you have covered all the cards on which this food appears – e.g. pineapple appears on 6 cards. If you want to change this to another local fruit such as sourpaw, make 6 small drawings of sourpaw and paste on top of the 6 pineapple pictures. You must also label a ticket with the new food and its food group and remove the ticket for the food you have covered – e.g. take out the 'PROTECTIVE, Pineapple' label and make out a new one for 'PROTECTIVE, Sourpaw'. There are some blank ticket labels for you to use.

Translation

The game can be easily translated into a local language. The translated food and food group names can be written out or typed, and then pasted on top of the English words on the cards. New tickets can be made or the translation can be written on the back of the English ones.

Evaluation

This game is intended as a teaching tool as well as for fun. It is useful to include other exercises to ensure the class or group has learned about which foods belong in which of the 3 food groups. Here are some ideas for exercises:

- The leader should ask the group to turn their *Pacific Nutrition Bingo* cards over so they cannot see the pictures. Call out the names of some of the **locally-grown foods** used in the game. Encourage the players to name the group to which the food belongs. Call out the names of some of the **imported foods** or foods we buy from the store, which are used in the game. Ask the players to name the group to which the food belongs.
- When playing the game, instead of calling out the food group and the food name – e.g. ENERGY, Sweet potato – the leader should **only** call out the **food name** –

PACIFIC NUTRITION BINGO



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Protective Foods Pineapple	Energy Foods Taro	Body Building Foods Dried beans
Protective Foods Tomato	Energy Foods Cassava	Body Building Foods Beef
Protective Foods Mango	Energy Foods Breadfruit	Body Building Foods Lamb
Protective Foods Pumpkin	Energy Foods Yam	Body Building Foods Chicken
Protective Foods Fresh seaweed	Energy Foods Sweet potato	Body Building Foods Pork
Protective Foods Ripe banana	Energy Foods Coconut	Body Building Foods Nuts
Protective Foods Chinese cabbage	Energy Foods Green banana	Body Building Foods Cheese
Protective Foods Bok choy	Energy Foods Rice	Body Building Foods Seafood
Protective Foods Green beans	Energy Foods Bread	Body Building Foods Tofu
Protective Foods Guava	Energy Foods Crackers	Body Building Foods Tinned tuna
Protective Foods Watermelon	Energy Foods Oil	Body Building Foods Fresh fish

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Protective Foods Pawpaw	Energy Foods Potatoes	Body Building Foods Milk
Protective Foods Cucumber	Energy Foods Butter	Body Building Foods Yoghurt
Protective Foods Eggplant	Energy Foods Sugar cane	Body Building Foods Egg
Protective Foods Pandanus fruit	Energy Foods Noodles	
Protective Foods Okra		
Protective Foods Watercress	Beverages Coconut water	
Protective Foods Bele	Beverages Water	
Protective Foods Taro leaves	Beverages Water with lime	
Protective Foods Carrot	Beverages Pineapple skin juice	
	Beverages Lemon leaf tea	
	Beverages Watermelon otai	

PACIFIC NUTRITION BINGO



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Protective Foods

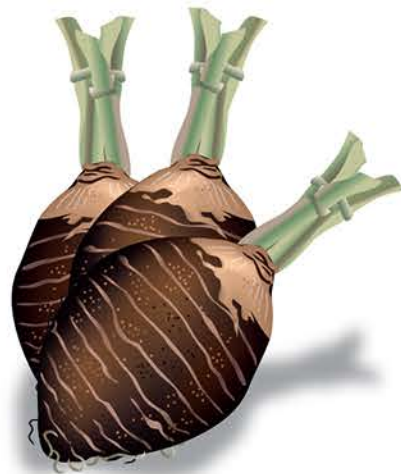
Energy Foods

Body Building Foods

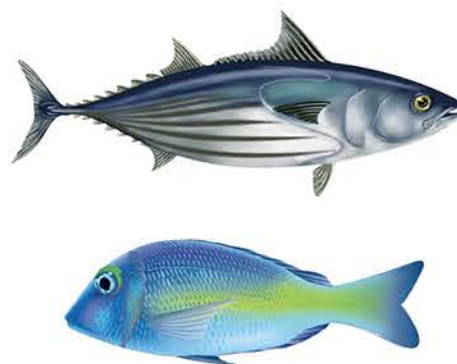
Beverages



Pineapple



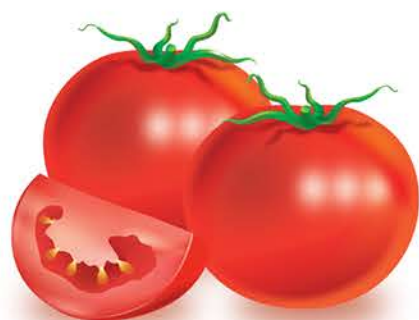
Taro



Fresh fish



Coconut water



Tomato



Cassava



Milk



Water



Mango



Breadfruit



Yoghurt



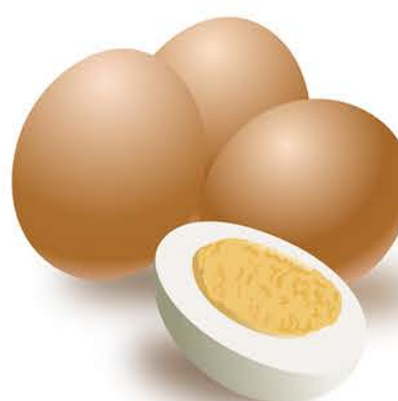
Water with lime



Pumpkin



Yam



Egg



Pineapple skin juice

PACIFIC NUTRITION BINGO



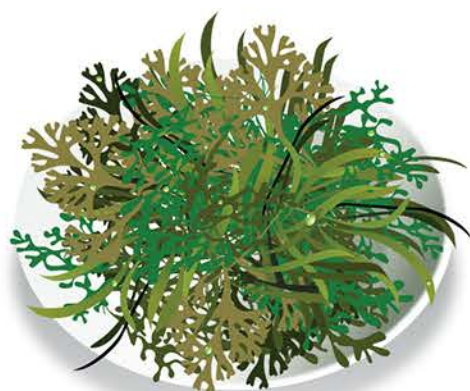
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Protective Foods

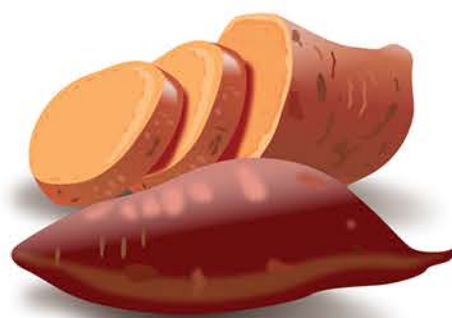
Energy Foods

Body Building Foods

Beverages



Fresh seaweed



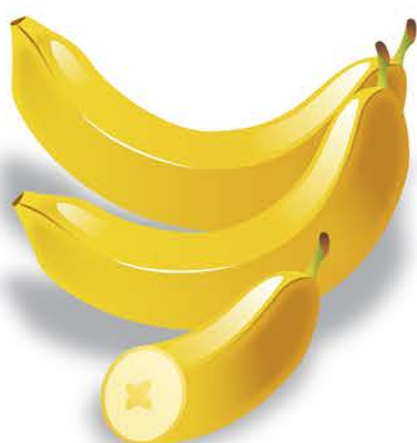
Sweet potato



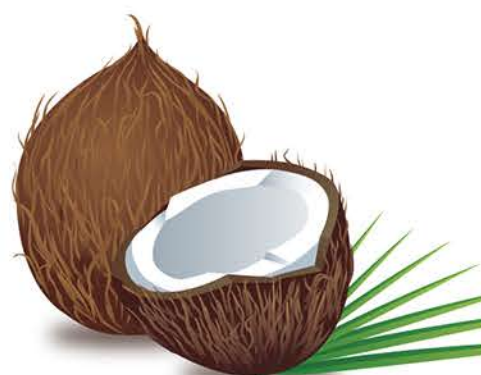
Dried beans



Lemon leaf tea



Ripe banana



Coconut



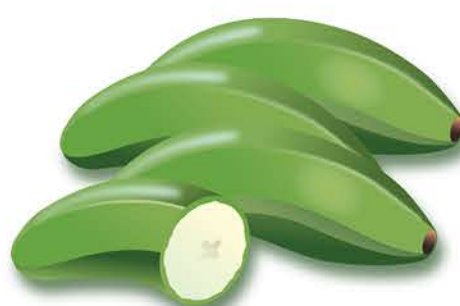
Beef



Watermelon otai



Chinese cabbage



Green banana



Lamb



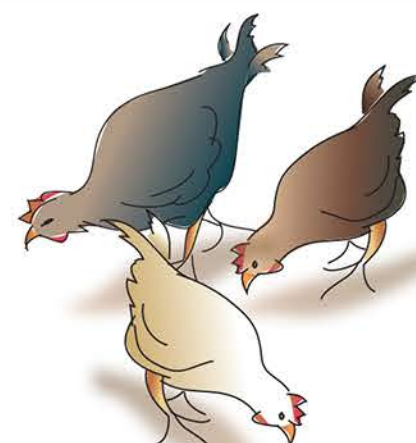
Coconut water



Bok choy



Rice



Chicken



Water

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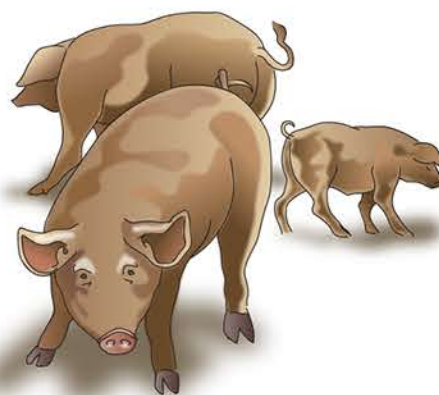
Beverages



Green beans



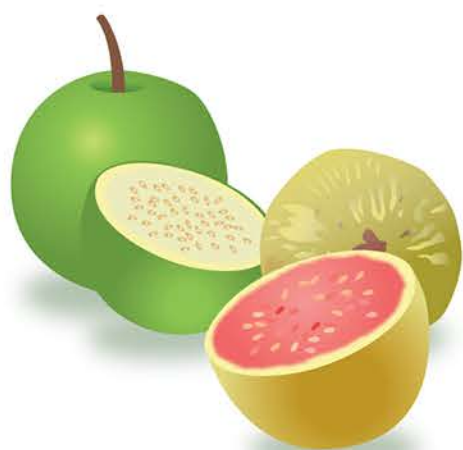
Bread



Pork



Water with lime



Guava



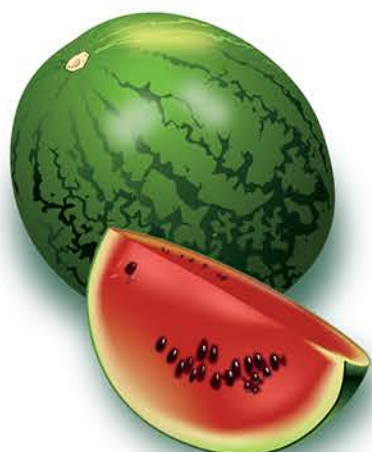
Crackers



Nuts



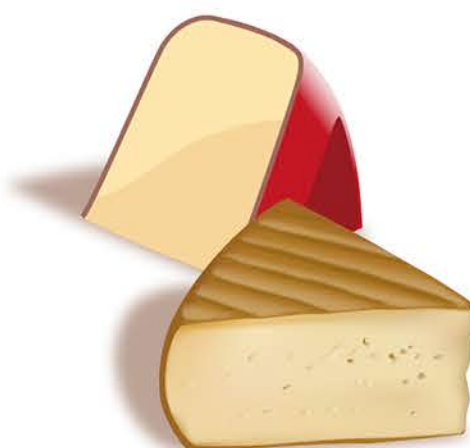
Pineapple skin juice



Watermelon



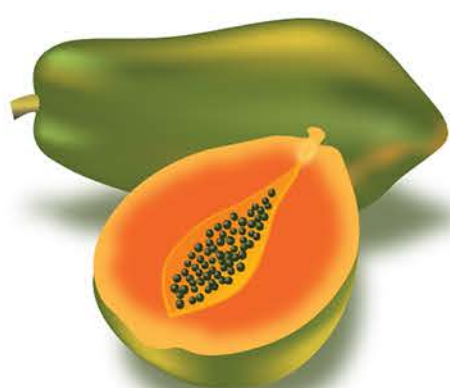
Oil



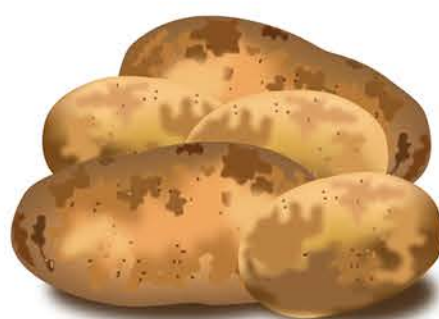
Cheese



Lemon leaf tea



Pawpaw



Potatoes



Seafood



Watermelon otai

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Protective Foods

Energy Foods

Body Building Foods

Beverages



Watercress



Butter



Tofu



Coconut water



Bele



Sugar cane



Tinned tuna



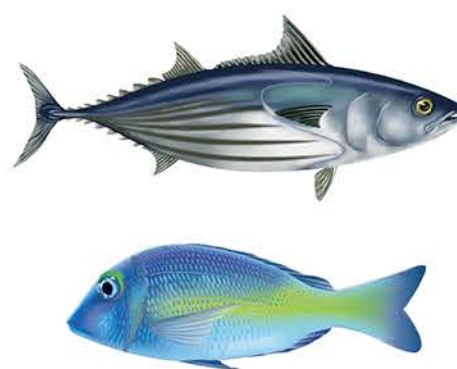
Water



Taro leaves



Noodles



Fresh fish



Water with lime



Carrot



Taro



Milk



Pineapple skin juice

PACIFIC NUTRITION BINGO



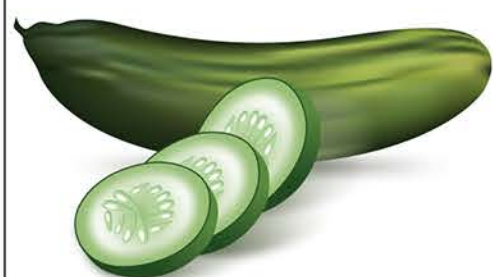
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Protective Foods

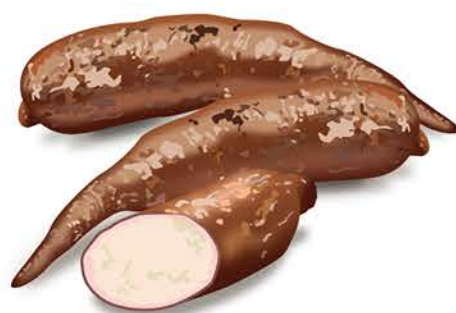
Energy Foods

Body Building Foods

Beverages



Cucumber



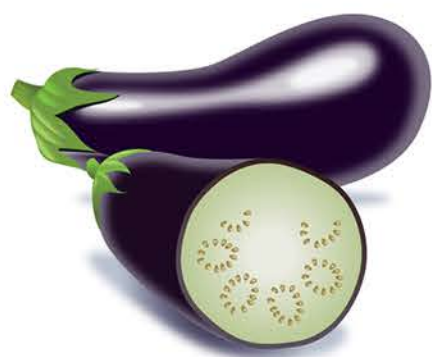
Cassava



Yoghurt



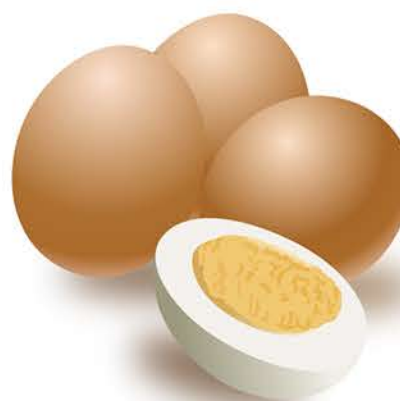
Lemon leaf tea



Eggplant



Breadfruit



Egg



Watermelon otaï



Pandanus fruit



Yam



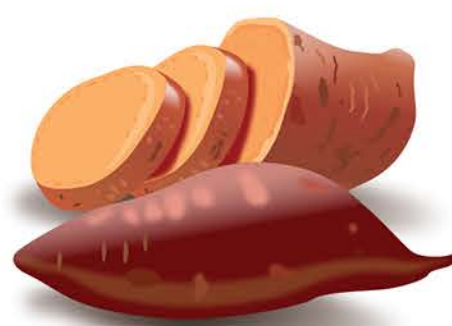
Dried beans



Coconut water



Okra



Sweet potato



Beef



Water

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Protective Foods

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Pineapple



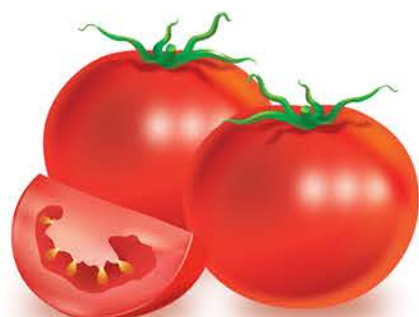
Coconut



Lamb



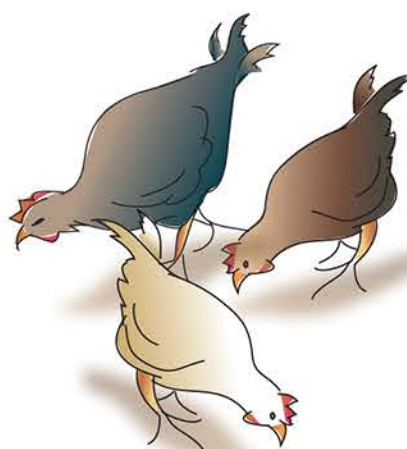
Water with lime



Tomato



Green banana



Chicken



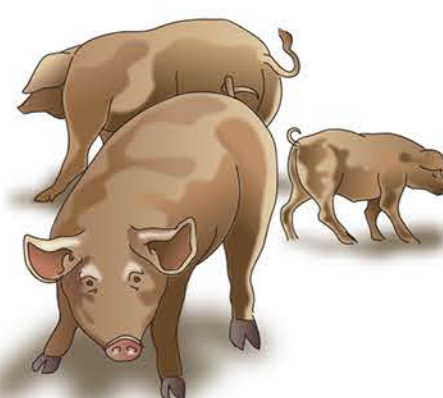
Pineapple skin juice



Mango



Rice



Pork



Lemon leaf tea



Pumpkin



Bread



Nuts



Watermelon otai

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Protective Foods

Energy Foods

Body Building Foods

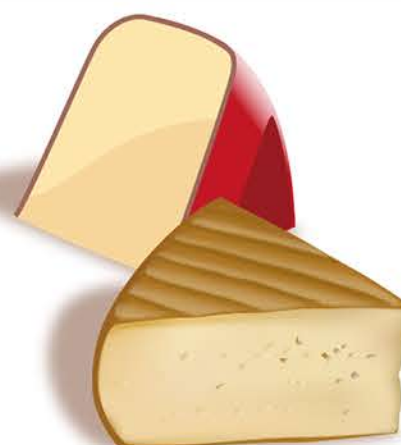
Beverages



Fresh seaweed



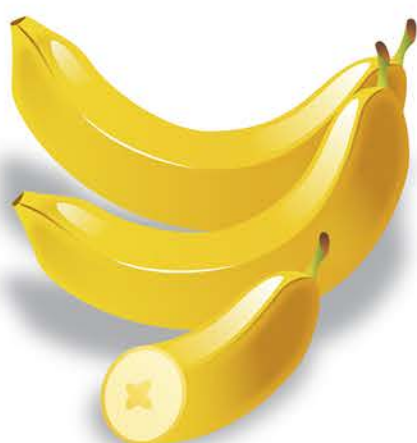
Crackers



Cheese



Coconut water



Ripe banana



Oil



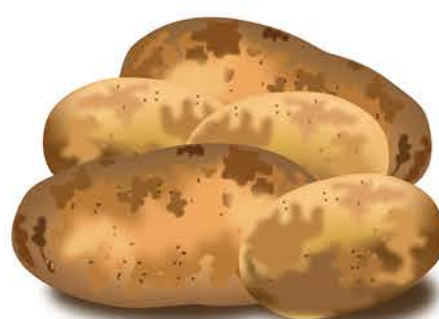
Seafood



Water



Chinese cabbage



Potatoes



Tofu



Water with lime



Bok choy



Butter



Tinned tuna



Pineapple skin juice

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Protective Foods

Energy Foods

Body Building Foods

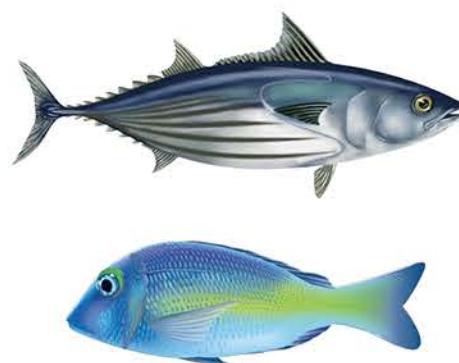
Beverages



Green beans



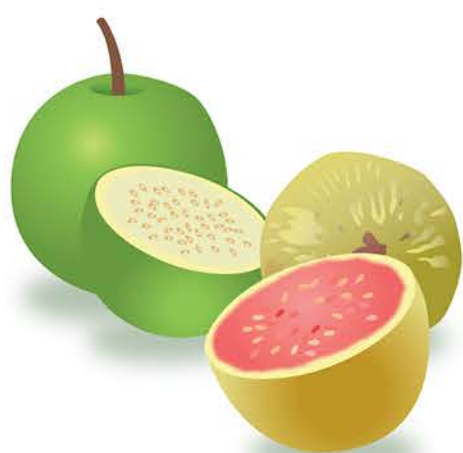
Sugar cane



Fresh fish



Lemon leaf tea



Guava



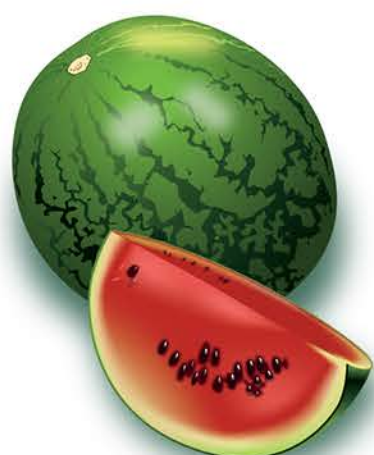
Noodles



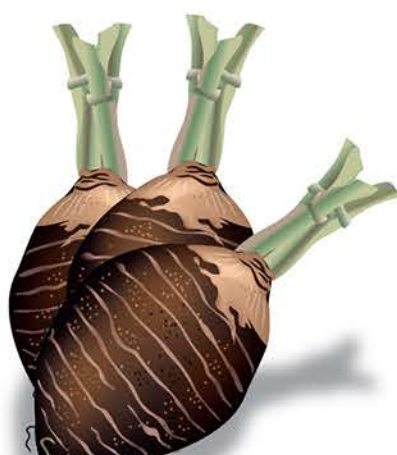
Milk



Watermelon otaï



Watermelon



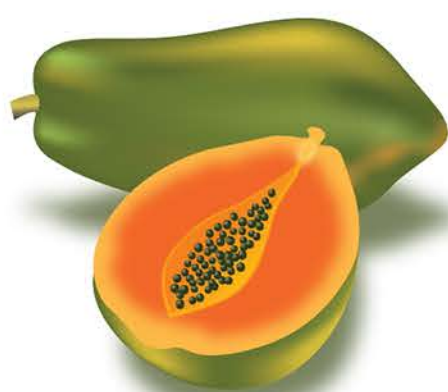
Taro



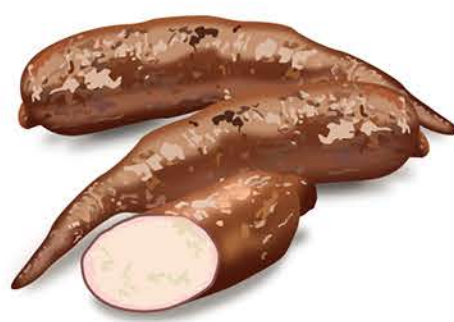
Yoghurt



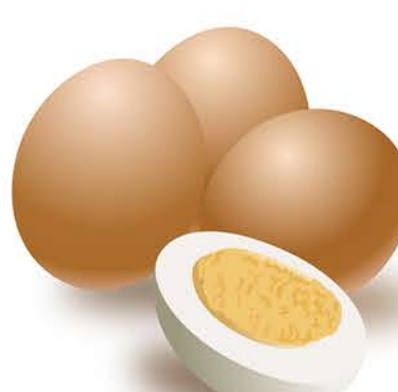
Coconut water



Pawpaw



Cassava



Egg



Water

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Protective Foods

Energy Foods

Body Building Foods

Beverages



Watercress



Breadfruit



Dried beans



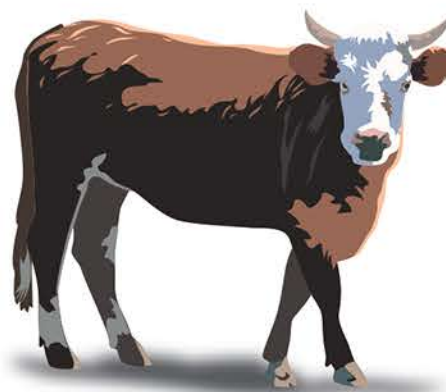
Water with lime



Bele



Yam



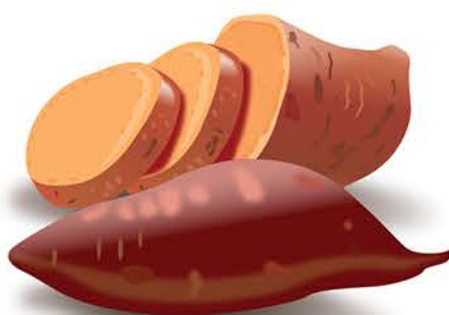
Beef



Pineapple skin juice



Taro leaves



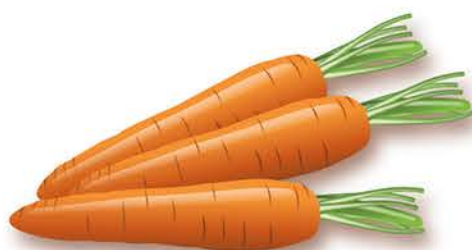
Sweet potato



Lamb



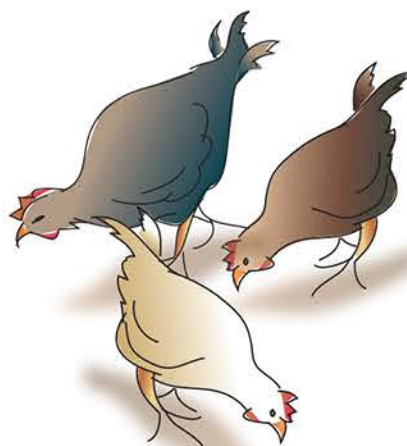
Lemon leaf tea



Carrot



Coconut



Chicken



Watermelon otaï

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Protective Foods

Energy Foods

Body Building Foods

Beverages



Cucumber



Green banana



Pork



Coconut water



Eggplant



Rice



Nuts



Water



Pandanus fruit



Bread



Cheese



Water with lime



Okra



Crackers



Seafood



Pineapple skin juice

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Pineapple



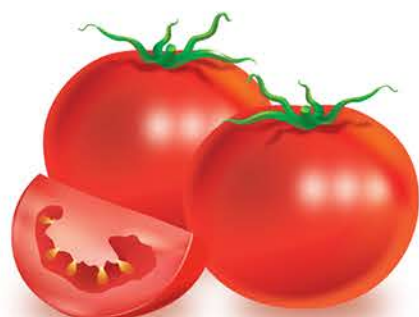
Oil



Tofu



Lemon leaf tea



Tomato



Potatoes



Tinned tuna



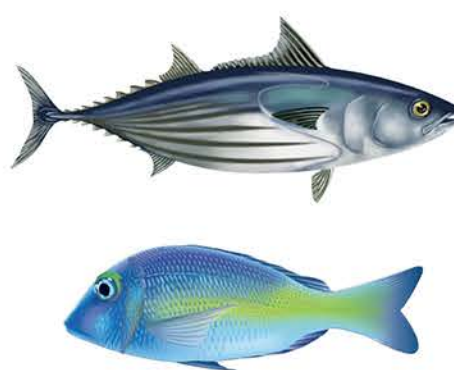
Watermelon otai



Mango



Butter



Fresh fish



Coconut water



Pumpkin



Sugar cane



Milk



Water

PACIFIC NUTRITION BINGO



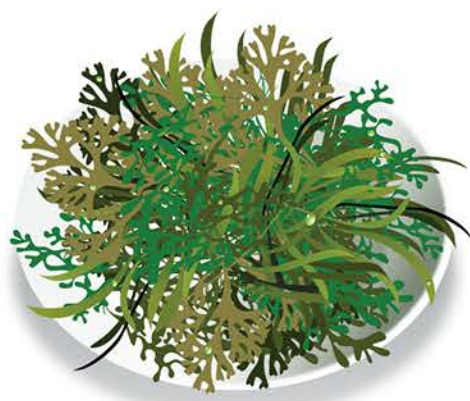
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Protective Foods

Energy Foods

Body Building Foods

Beverages



Fresh seaweed



Noodles



Yoghurt



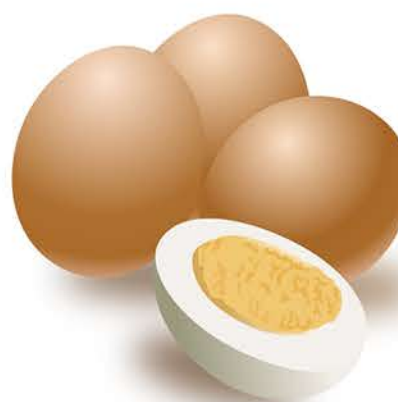
Water with lime



Ripe banana



Taro



Egg



Pineapple skin juice



Chinese cabbage



Cassava



Dried beans



Lemon leaf tea



Bok choy



Breadfruit



Beef



Watermelon otaï

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Green beans



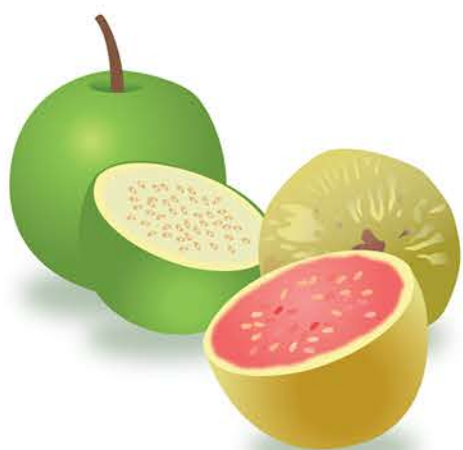
Yam



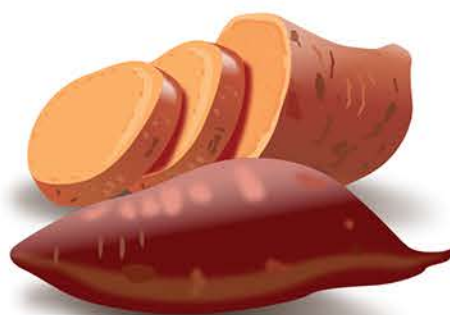
Lamb



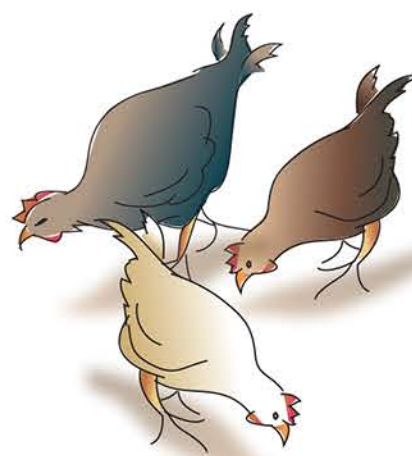
Coconut water



Guava



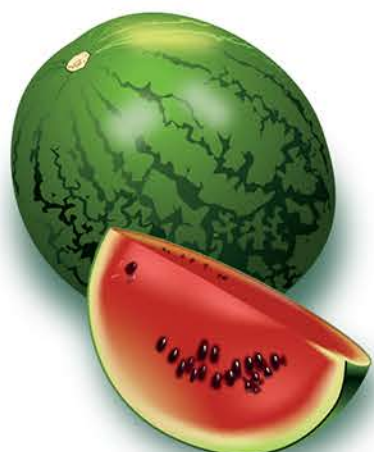
Sweet potato



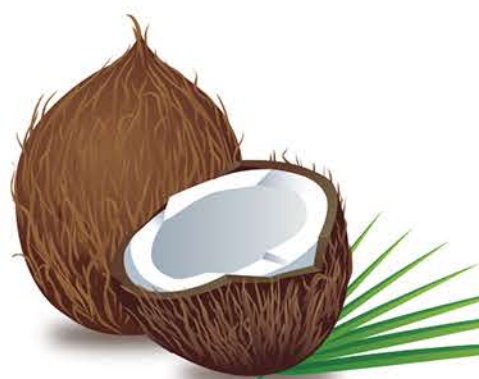
Chicken



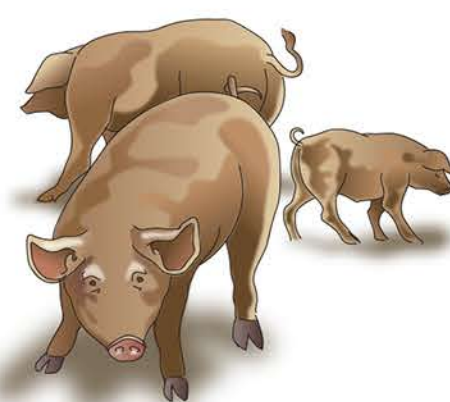
Water



Watermelon



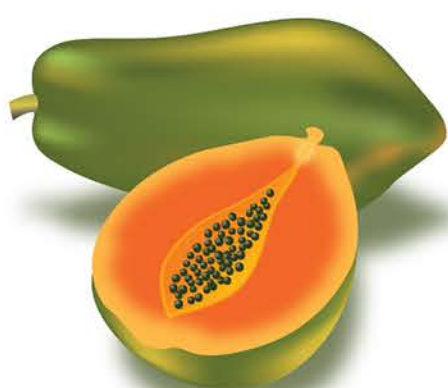
Coconut



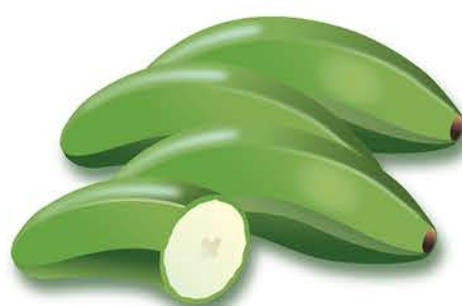
Pork



Water with lime



Pawpaw



Green banana



Nuts



Pineapple skin juice

PACIFIC NUTRITION BINGO



Pacific
Community
Communauté
du Pacifique

Protective Foods

Energy Foods

Body Building Foods

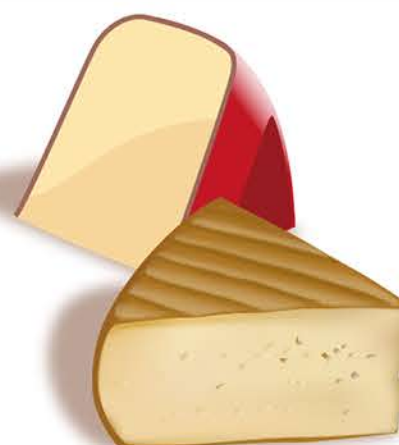
Beverages



Watercress



Rice



Cheese



Lemon leaf tea



Bele



Bread



Seafood



Watermelon otai



Taro leaves



Crackers



Tofu



Coconut water



Carrot



Oil



Tinned tuna



Water

PACIFIC NUTRITION BINGO



Pacific
Community
Communauté
du Pacifique

Protective Foods

Energy Foods

Body Building Foods

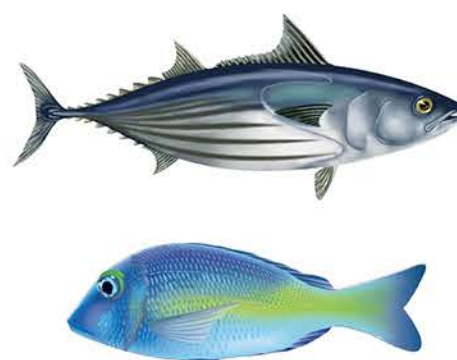
Beverages



Cucumber



Potatoes



Fresh fish



Water with lime



Eggplant



Butter



Milk



Pineapple skin juice



Pandanus fruit



Sugar cane



Yoghurt



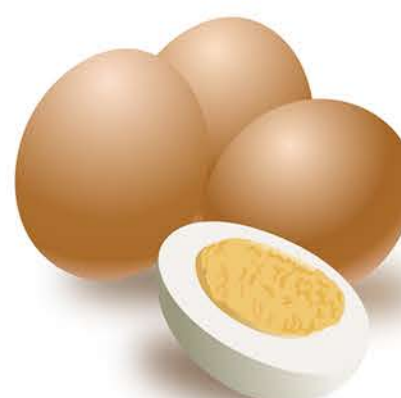
Lemon leaf tea



Okra



Noodles



Egg



Watermelon otaï

PACIFIC NUTRITION BINGO



Pacific
Community
Communauté
du Pacifique

Protective Foods

Energy Foods

Body Building Foods

Beverages



Pineapple



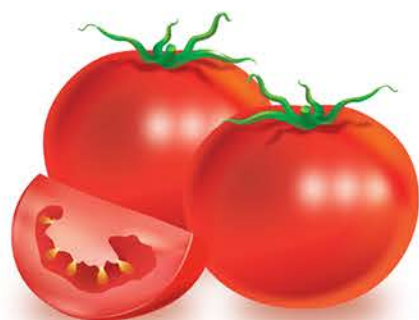
Taro



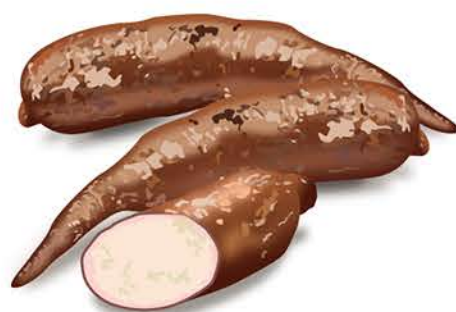
Dried beans



Coconut water



Tomato



Cassava



Beef



Water



Mango



Breadfruit



Lamb



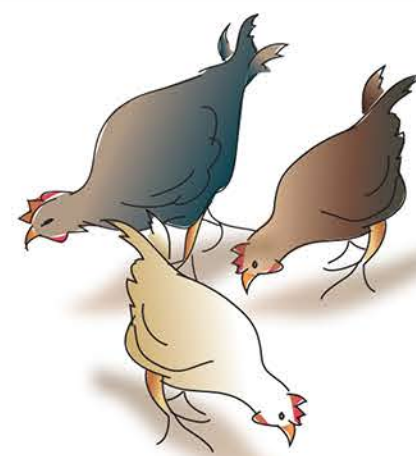
Water with lime



Pumpkin



Yam



Chicken



Pineapple skin juice

PACIFIC NUTRITION BINGO



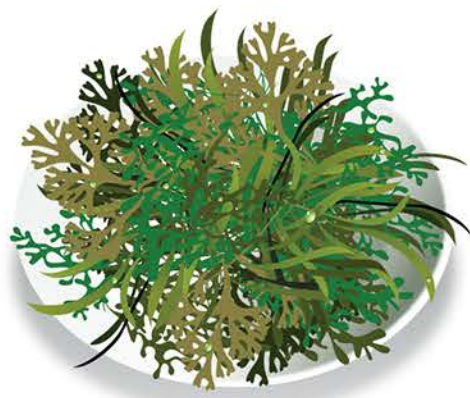
Pacific
Community
Communauté
du Pacifique

Protective Foods

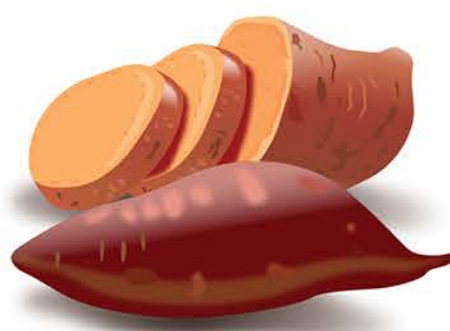
Energy Foods

Body Building Foods

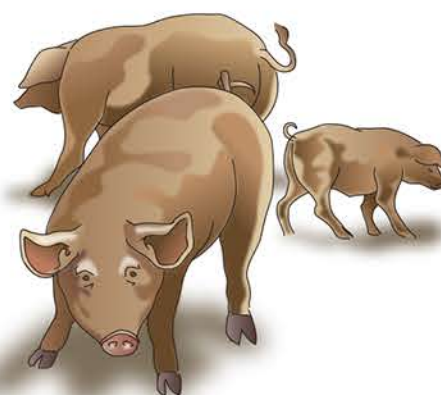
Beverages



Fresh seaweed



Sweet potato



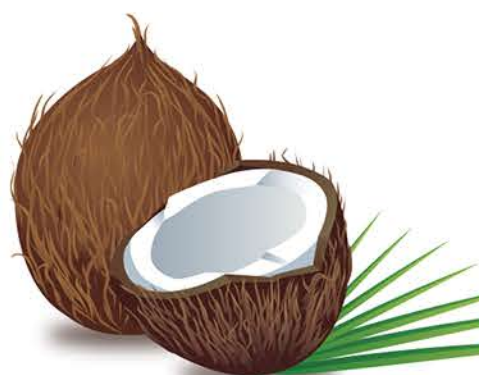
Pork



Lemon leaf tea



Ripe banana



Coconut



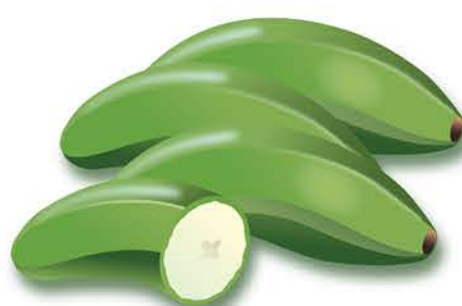
Nuts



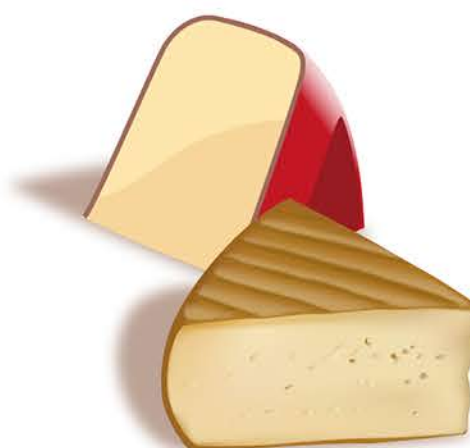
Watermelon otaï



Chinese cabbage



Green banana



Cheese



Coconut water



Bok choy



Rice



Seafood



Water

PACIFIC NUTRITION BINGO



Pacific
Community
Communauté
du Pacifique

Protective Foods

Energy Foods

Body Building Foods

Beverages



Green beans



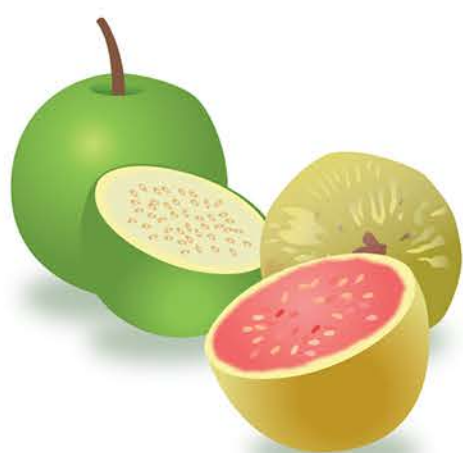
Bread



Tofu



Water with lime



Guava



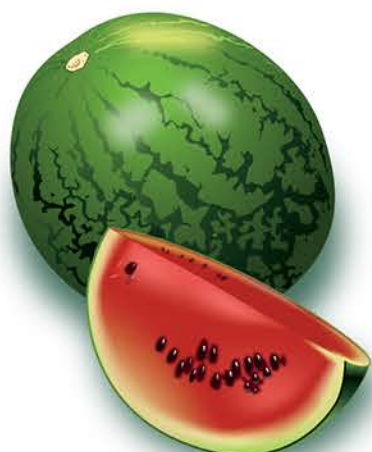
Crackers



Tinned tuna



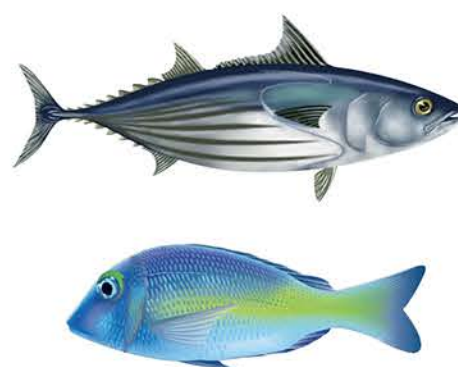
Pineapple skin juice



Watermelon



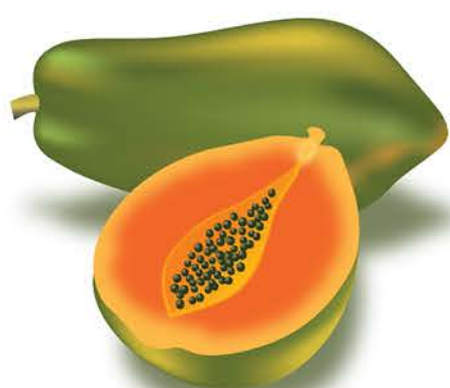
Oil



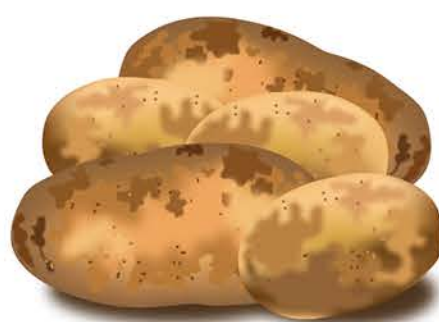
Fresh fish



Lemon leaf tea



Pawpaw



Potatoes



Milk



Watermelon otaï

PACIFIC NUTRITION BINGO



Pacific
Community
Communauté
du Pacifique

Protective Foods

Energy Foods

Body Building Foods

Beverages



Watercress



Butter



Yoghurt



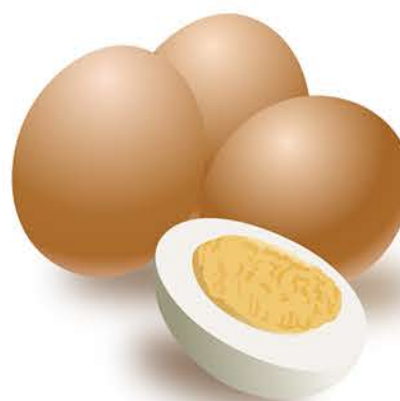
Coconut water



Bele



Sugar cane



Egg



Water



Taro leaves



Noodles



Dried beans



Water with lime



Carrot



Taro



Beef



Pineapple skin juice

PACIFIC NUTRITION BINGO



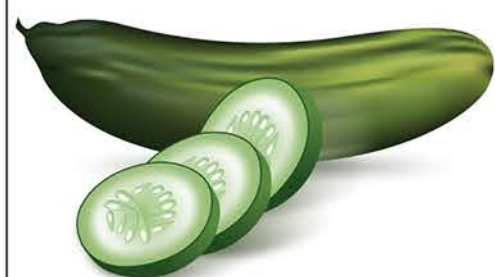
Pacific
Community
Communauté
du Pacifique

Protective Foods

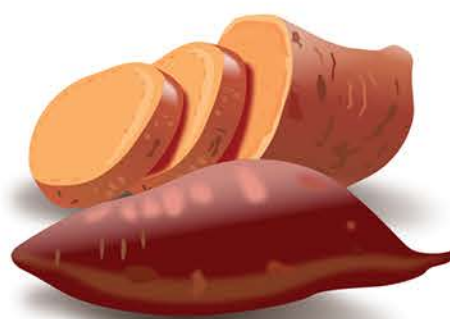
Energy Foods

Body Building Foods

Beverages



Cucumber



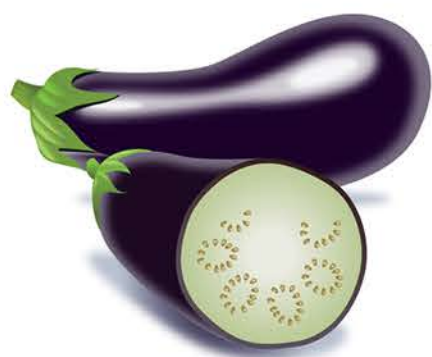
Sweet potato



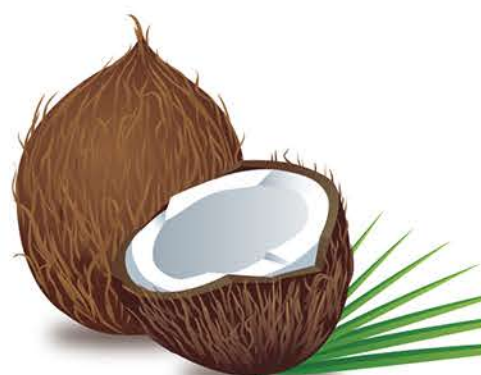
Lamb



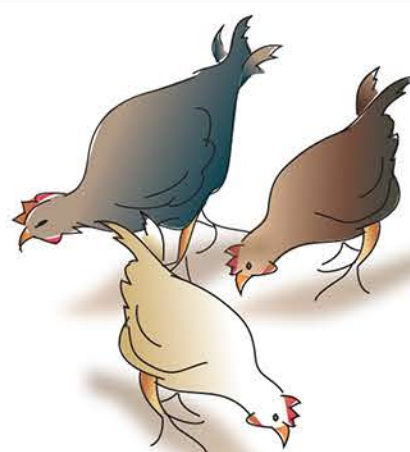
Lemon leaf tea



Eggplant



Coconut



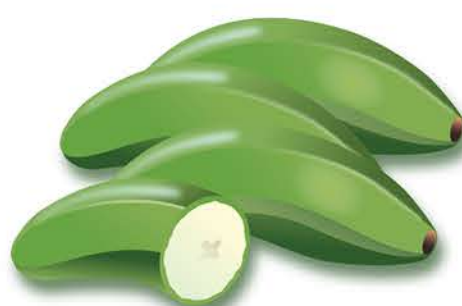
Chicken



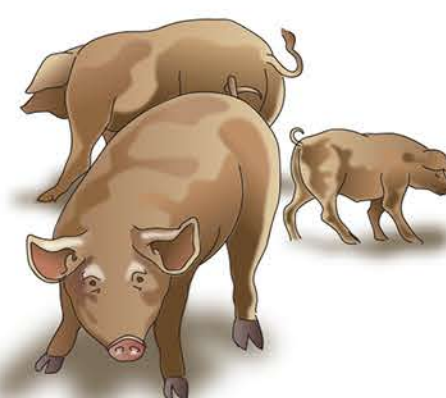
Watermelon otaï



Pandanus fruit



Green banana



Pork



Coconut water



Okra



Rice



Nuts



Water

PACIFIC NUTRITION BINGO



Pacific
Community
Communauté
du Pacifique

Protective Foods

Energy Foods

Body Building Foods

Beverages



Pineapple



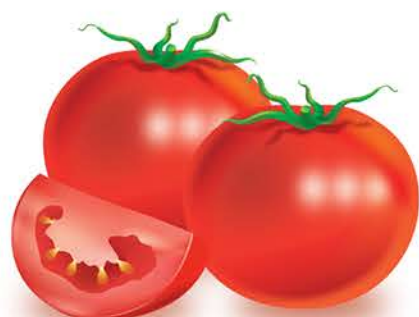
Bread



Cheese



Water with lime



Tomato



Crackers



Seafood



Pineapple skin juice



Mango



Oil



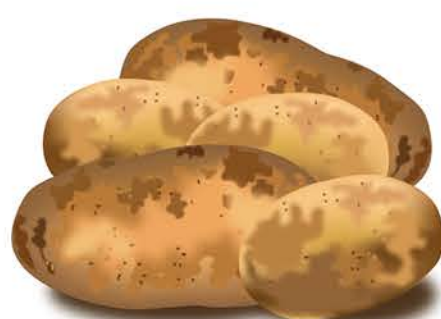
Tofu



Lemon leaf tea



Pumpkin



Potatoes



Tinned tuna



Watermelon otai

PACIFIC NUTRITION BINGO



Pacific
Community
Communauté
du Pacifique

Protective Foods

Energy Foods

Body Building Foods

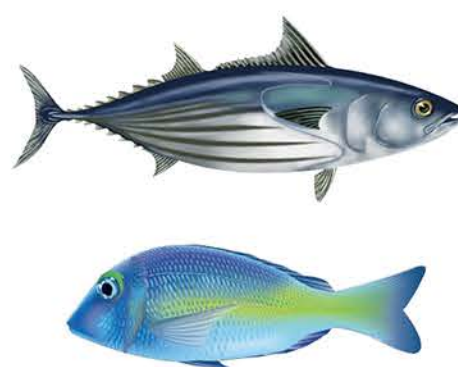
Beverages



Fresh seaweed



Butter



Fresh fish



Coconut water



Ripe banana



Sugar cane



Milk



Water



Chinese cabbage



Noodles



Yoghurt



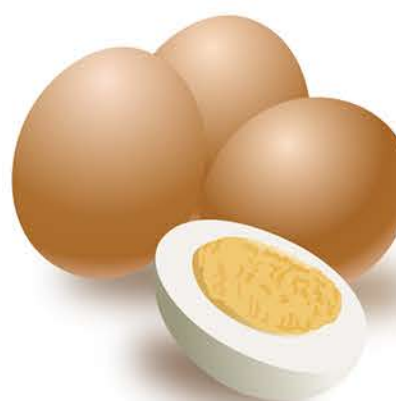
Water with lime



Bok choy



Taro



Egg



Pineapple skin juice

PACIFIC NUTRITION BINGO



Pacific
Community
Communauté
du Pacifique

Protective Foods

Energy Foods

Body Building Foods

Beverages



Green beans



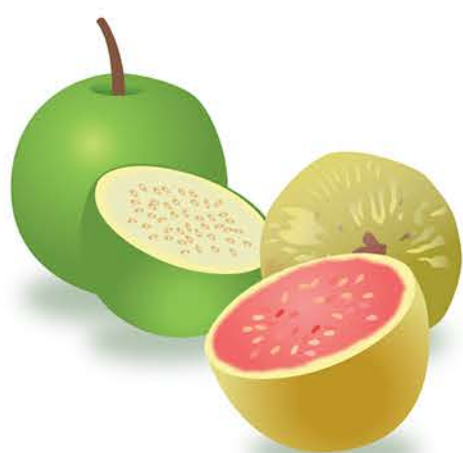
Cassava



Dried beans



Lemon leaf tea



Guava



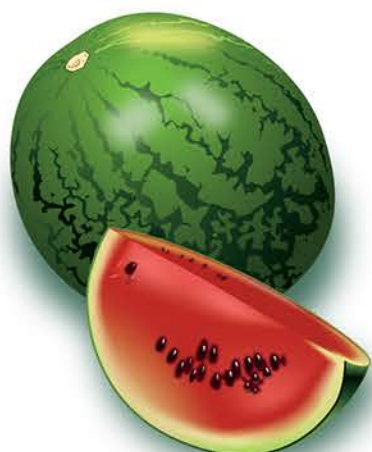
Breadfruit



Beef



Watermelon otai



Watermelon



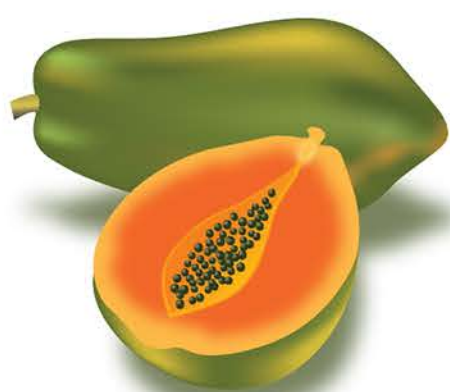
Yam



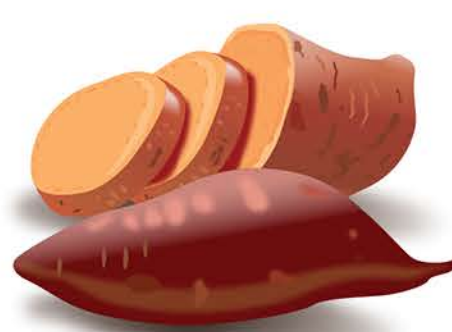
Lamb



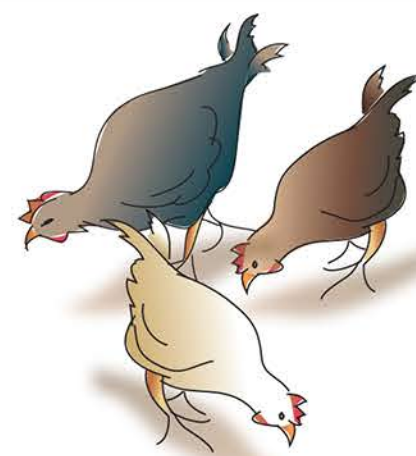
Coconut water



Pawpaw



Sweet potato



Chicken



Water

PACIFIC NUTRITION BINGO



Pacific
Community
Communauté
du Pacifique

Protective Foods

Energy Foods

Body Building Foods

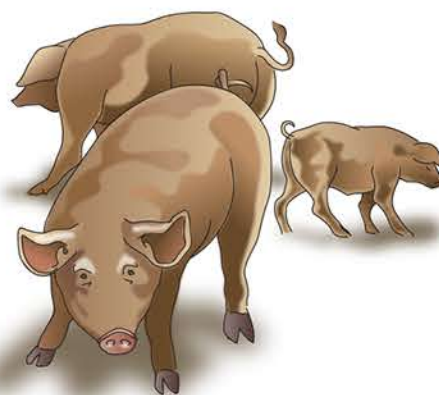
Beverages



Watercress



Coconut



Pork



Water with lime



Bele



Green banana



Nuts



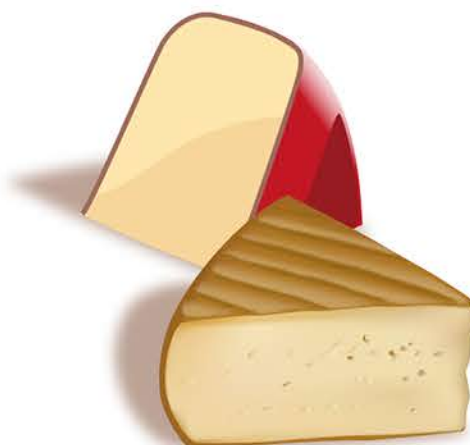
Pineapple skin juice



Taro leaves



Rice



Cheese



Lemon leaf tea



Carrot



Bread



Seafood



Watermelon otaï

PACIFIC NUTRITION BINGO



Pacific
Community
Communauté
du Pacifique

Protective Foods

Energy Foods

Body Building Foods

Beverages



Cucumber



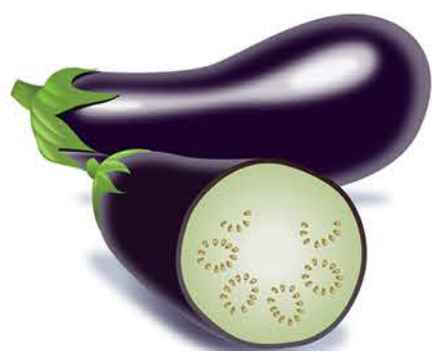
Crackers



Tofu



Coconut water



Eggplant



Oil



Tinned tuna



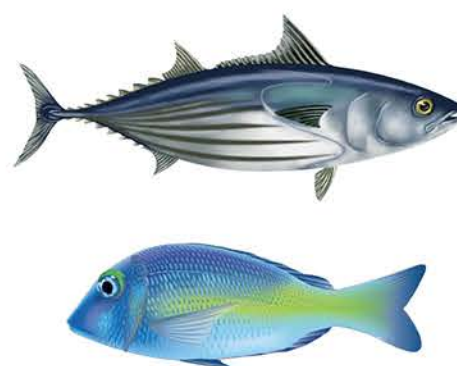
Water



Pandanus fruit



Potatoes



Fresh fish



Water with lime



Okra



Butter



Milk



Pineapple skin juice

PACIFIC NUTRITION BINGO



Pacific
Community
Communauté
du Pacifique

Protective Foods

Energy Foods

Body Building Foods

Beverages



Pineapple



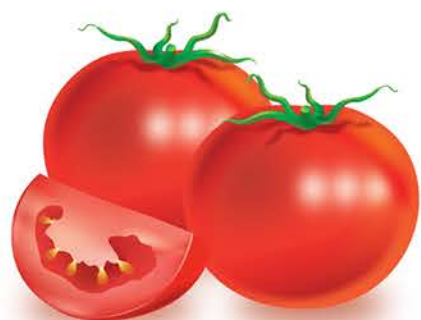
Sugar cane



Yoghurt



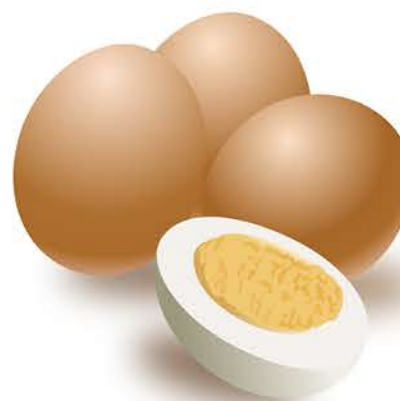
Lemon leaf tea



Tomato



Noodles



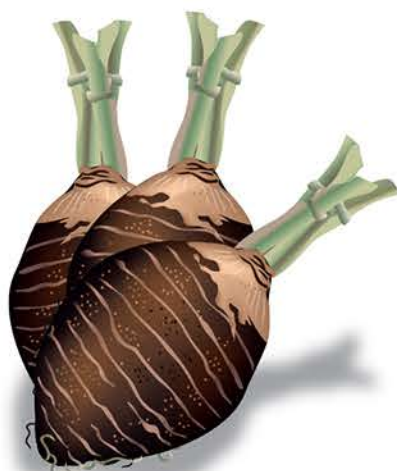
Egg



Watermelon otaï



Mango



Taro



Dried beans



Coconut water



Pumpkin



Cassava



Beef



Water

PACIFIC NUTRITION BINGO



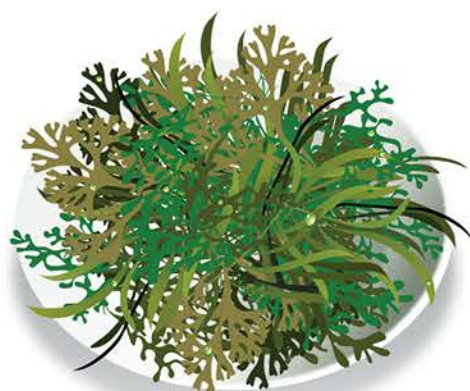
Pacific
Community
Communauté
du Pacifique

Protective Foods

Energy Foods

Body Building Foods

Beverages



Fresh seaweed



Breadfruit



Lamb



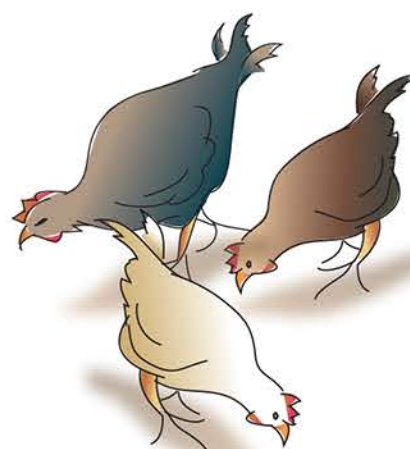
Water



Ripe banana



Yam



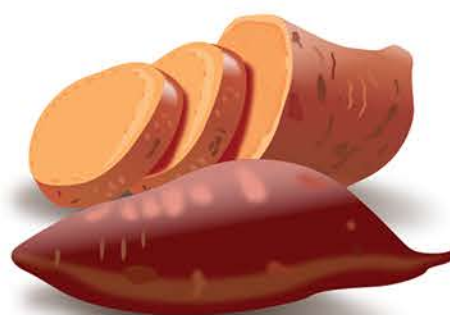
Chicken



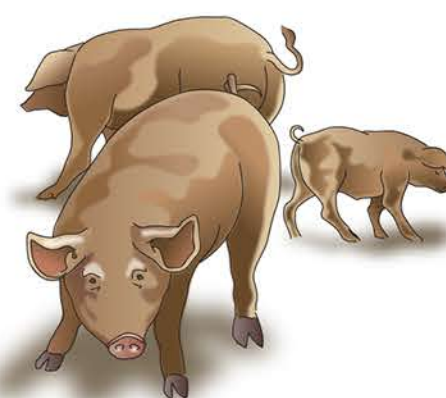
Water with lime



Chinese cabbage



Sweet potato



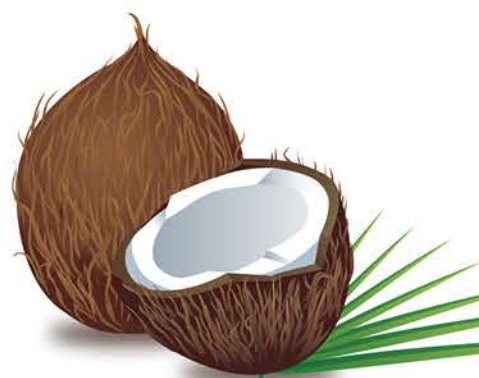
Pork



Pineapple skin juice



Bok choy



Coconut



Nuts



Lemon leaf tea

PACIFIC NUTRITION BINGO



Pacific
Community
Communauté
du Pacifique

Protective Foods

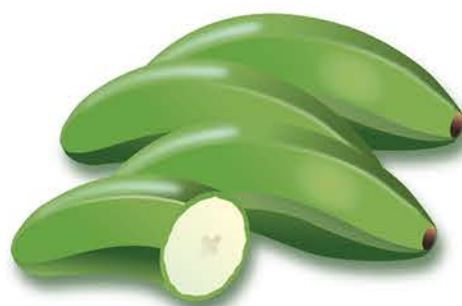
Energy Foods

Body Building Foods

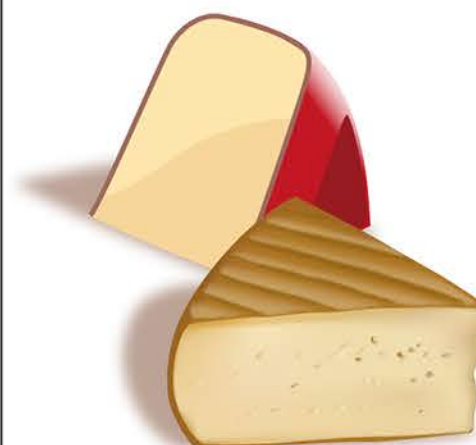
Beverages



Green beans



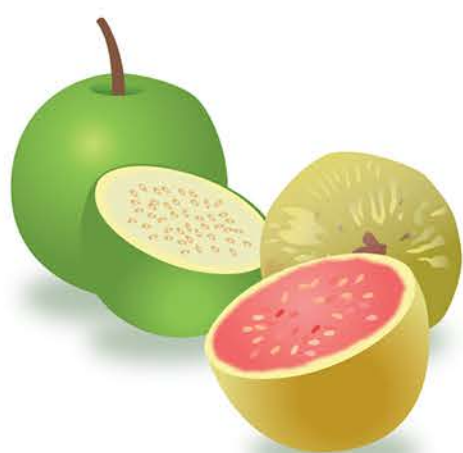
Green banana



Cheese



Watermelon otai



Guava



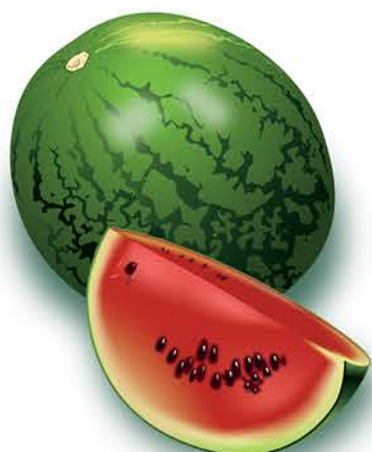
Rice



Seafood



Coconut water



Watermelon



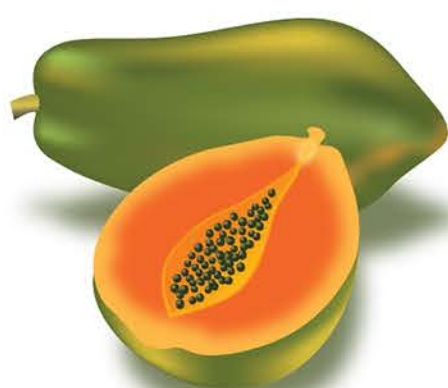
Bread



Tofu



Water



Pawpaw



Crackers



Tinned tuna



Water with lime

PACIFIC NUTRITION BINGO



Pacific
Community
Communauté
du Pacifique

Protective Foods

Energy Foods

Body Building Foods

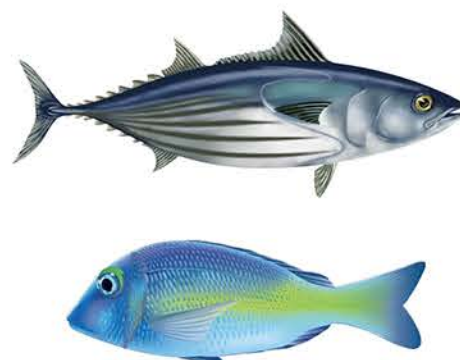
Beverages



Watercress



Oil



Fresh fish



Pineapple skin juice



Bele



Potatoes



Milk



Lemon leaf tea



Taro leaves



Butter



Yoghurt



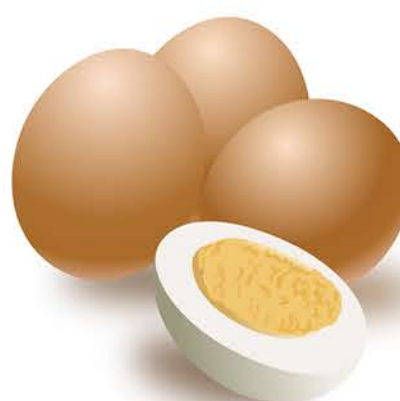
Watermelon ota



Carrot



Sugar cane



Egg



Coconut water

PACIFIC NUTRITION BINGO



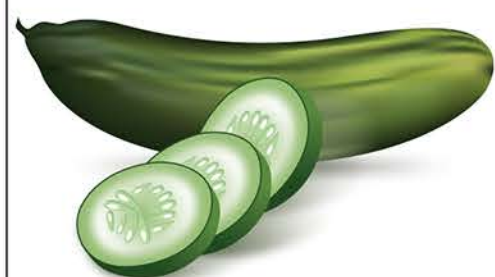
Pacific
Community
Communauté
du Pacifique

Protective Foods

Energy Foods

Body Building Foods

Beverages



Cucumber



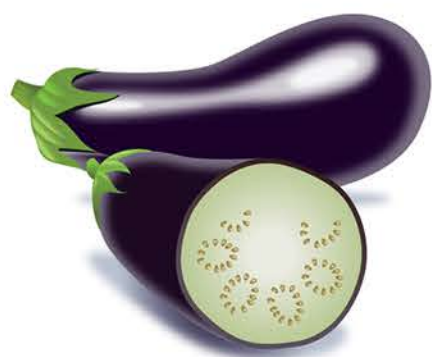
Noodles



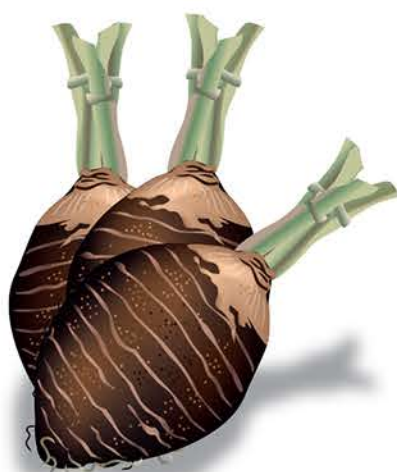
Dried beans



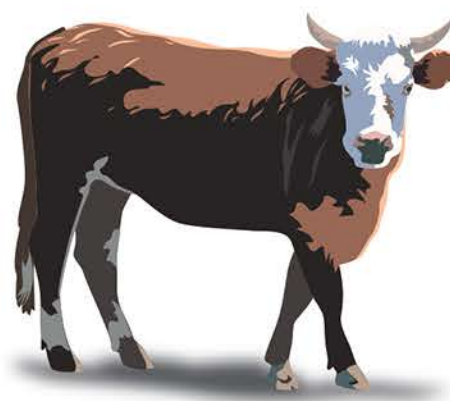
Water



Eggplant



Taro



Beef



Water with lime



Pandanus fruit



Cassava



Lamb



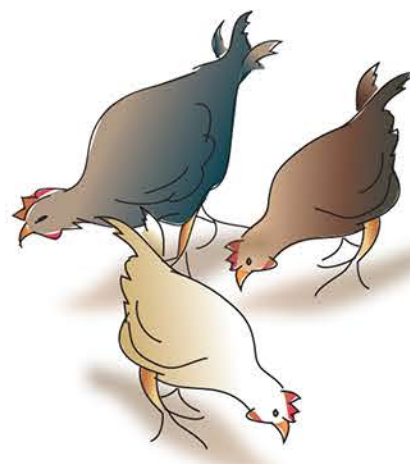
Pineapple skin juice



Okra



Breadfruit



Chicken



Lemon leaf tea