



# Kids In The Kitchen BINGO

Find live links to each activity on the website - [www.extension.iastate.edu/humansciences/kids-kitchen](http://www.extension.iastate.edu/humansciences/kids-kitchen)

 <p>Try a colorful <a href="#">Milk experiment</a></p>	 <p>Discover what it means to <a href="#">Eat the Rainbow</a></p>	 <p>Make delicious <a href="#">Cinnamon Chips</a> for a snack</p>	 <p>Write a list of your favorite <a href="#">physical activities</a> and do one as a family</p>	 <p>Complete the <a href="#">MyPlate Crossword Puzzle</a></p>
 <p>Play <a href="#">Fruit and Veggie Memory Match</a></p>	 <p>Learn what '<a href="#">Go Foods</a>' are and how they help you</p>	 <p>Crack the <a href="#">Secret Code!</a></p>	 <p>Try making <a href="#">Wraps Your Way</a> using all 5 food groups!</p>	 <p>Learn about <a href="#">Nutrition Labels</a> and check out the labels around your home!</p>
 <p>Complete the <a href="#">Whole Grain Word Scramble</a> game</p>	 <p>Watch the <a href="#">Plant vs. Animal Based Protein</a> video</p>	 <p>Play <a href="#">Let Food be Thy Medicine</a> virtual game</p>	 <p>Have everyone in your family color their own <a href="#">dairy cow</a></p>	 <p>Make a tasty <a href="#">Smoothie</a> using fruits and veggies</p>
 <p>Make delicious <a href="#">Peanut Butter Balls</a> for a snack</p>	 <p>Create a song (20 seconds or more) to wash your hands to!</p>	 <p>Play <a href="#">Keepin' It Fresh</a> and learn how cows milk gets to you!</p>	 <p>Complete the Fruits and Vegetables <a href="#">Word Find</a></p>	 <p>Complete a <a href="#">Jigsaw Puzzle</a> about whole grains!</p>
 <p>Learn about <a href="#">Washing Produce</a> the safe way!</p>	 <p>Make a <a href="#">Yogurt Parfait</a></p>	 <p>Go on your own <a href="#">Plant/Garden Scavenger Hunt</a></p>	 <p>Read <a href="#">The Whole Grain Choo-Choo Train</a> book</p>	 <p>Play <a href="#">Protein Power</a> with Freddy</p>

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