

# Eatwell Bingo

Welcome to the Rowett's Eatwell Bingo. Our game is easy to run.

First print out the bingo sheets for the number of players, as well as the cards featuring the food item text (calling cards). The calling cards should be cut out, and either placed face down where the players can reach, or in a suitable container so that they can be chosen at random.

Players should then take it in turns to pick a calling card. Whoever has that item of food on their bingo sheet can circle or cross off that item. The player that gets five in a row either horizontally, vertically or diagonally is the winner.

The bingo sheets feature foods from all the major food groups found on the Eatwell Guide (downloadable resource from the Food Standards Scotland website: <https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell>).

To enhance your game of eatwell bingo the following table can be used to highlight information on why the different food groups are important for a balanced diet as well as some useful facts about some of the individual items of food on the bingo cards.

Have fun.

## Fruit and Vegetables

Aim to eat at least 5 portions of different coloured fruits and vegetables per day so you get the wide variety of vitamins, minerals and fibre they contain.

<b>Banana</b> (1 = 1 portion)	Bananas are a great source of potassium which helps your heart muscle work properly and regulates your blood pressure.
<b>Raisins</b> (1 heaped tbsp. = 1 portion)	Raisins are a good source of fibre and iron but also contain a lot of sugar so are best eaten at mealtimes, added to cereal, yogurt, salads to reduce the risk of tooth decay.
<b>Broccoli</b> (2 florets = 1 portion)	Broccoli provides vitamin K needed for your blood to clot over cuts and grazes, so they can begin to heal.
<b>Peas</b> (3 heaped tbsp. = 1 portion)	Peas are not classified as a vegetable but a legume, this means they are a good source of protein needed for growth and repair of your body tissues.
<b>Turnip</b> (3 heaped tbsp. = 1 portion)	Turnip is a good plant source of calcium needed to power your heartbeat and to build strong bones and teeth.
<b>Pepper</b> (½ pepper = 1 portion)	Peppers are a great source of Vitamin C which is essential for iron absorption and helps us maintain healthy skin, bones and blood vessels.
<b>Raspberry</b> (20 raspberries = 1 portion)	Raspberries are rich in antioxidants including Vitamin C, ellagic acid and quercetin, these are plant compounds that protect our cells against damage and disease.
<b>Sweetcorn</b> (3 heaped tbsp. = 1 portion)	Sweetcorn is an excellent source of dietary fibre and like all vegetables and fruit it doesn't matter if you eat it fresh, frozen or tinned it still counts towards your 5 a day
<b>Melon</b> (1 slice = 1 portion)	The orange colour of Cantaloupe melon is beta-carotene, which helps your eyes and red blood cells stay healthy once it turns into Vitamin A in your body.

## Bread, rice, potatoes, pasta and other starchy foods

A healthy diet is one that includes some starchy carbohydrates at each meal and by choosing wholegrain versions you will benefit from the extra nutrients and fibre they contain.

<b>Brown bread</b>	Brown and wholemeal breads contain dietary fibre which is important for good gut health by allowing food to pass through your digestive tract easily.
<b>Potato</b>	White Potatoes being starchy, do not count towards your five-a-day, but they contain lots of potassium, vitamin C and fibre, just make sure you eat the skin.
<b>Pasta</b>	Eating your pasta 'al dente' (slightly firm) means it takes longer for your digestive system to break down the starch into sugar which can help you feel full for longer.
<b>Naan Bread</b>	Naan bread is a flatbread traditionally served with curry but try it as a wrap for meat or vegetables, dipped into soup, or used as a pizza base.
<b>Scone</b>	A small scone can be a tasty snack, just be mindful of the amount of jam or fat spread you add as they have little nutritional value other than calories.
<b>Cous-Cous</b>	Cous-cous is quick to prepare and can be added to salads, served with meat and vegetable dishes or used as a replacement for rice or pasta.
<b>Bagel</b>	Mix things up and top your bagel with one or more of these options: nut butter, banana, scrambled egg, mackerel pâté, cottage cheese, lightly roasted veggies.
<b>Pitta Bread</b>	Pitta bread makes a great pizza base for your favourite toppings or eat it with low fat hummus and vegetable sticks for a fun snack.
<b>Noodles</b>	Have fun making a 'noodle pot' by adding thin noodles, carrots, peas, spinach, diced tofu and a little yeast extract to a heat proof jar, top up with hot water and enjoy!

## Milk and Dairy foods

Milk and dairy foods provide us with protein and a wide range of minerals and vitamins, choosing low fat and sugar options will reduce your saturated fat and energy intake.

<b>Whole Milk</b>	Contains calcium and phosphorus essential for strong healthy teeth. Everyone over the age of 2 years who eats a varied diet can swap to semi-skimmed or 1% milk, which contains half the fat of semi-skimmed milk.
<b>Mozzarella</b>	Mozzarella is a lower fat cheese with a unique stretchiness that melts easily on top of pizzas, pasta and vegetarian dishes.
<b>Blue Cheese</b>	Use as a salt replacement to flavour soups and pasta sauces. Its bold, tangy flavour and high salt content means that a very little blue cheese can add a lot of flavour to a broccoli soup or pasta sauce.
<b>Feta Cheese</b>	There is no need to add extra salt when you eat Feta which is a lower fat but very salty cheese you can crumble over salads or add to veggie omelettes.
<b>Skimmed Milk</b>	The low-fat content of skimmed milk makes it appear watery, yet it contains all the goodness of whole milk. Milk is one of the main sources of iodine needed by the thyroid gland to control the speed at which chemical reactions take place in your body.
<b>Yogurt Drink</b>	Along with a healthy diet and lifestyle yogurt drinks containing plant sterols or sterols can help lower cholesterol in people with high blood cholesterol levels.
<b>Swiss Cheese</b>	A small matchbox sized piece of cheese is a portion. Emmental with its holes, and mild, nutty taste is a popular Swiss cheese which can be purchased already sliced to help with portion control.
<b>Cottage Cheese</b>	Cottage cheese contains less fat than other cheese and its creamy texture is great blended into smoothies, added to scrambled eggs or used as a base for dips.
<b>Cream</b>	High in fat and saturated fat all cream so best eaten in small quantities as an occasional treat, great substitutes are unsweetened yogurts and fromage frais.

## Meat, Fish, Eggs & Beans, and other non-dairy sources of protein

Aim to eat some of these foods every day to ensure you have an adequate intake of protein, omega 3 fatty acids, vitamin B12, iron, zinc, iodine and selenium.

<b>Lamb</b>	Lamb is a rich source of zinc which supports your immune system and vitamin B12 essential for the formation of red blood cells.
<b>Beef</b>	A rich source of vitamin B12 essential for healthy red blood cells. Try eating smaller portions of red meat by adding more vegetables, pulses and starchy foods to dishes such as stir fries, stews, curries and casseroles.
<b>Salmon</b>	Salmon has one of the highest concentrations of omega-3 fatty acids which can help to keep your heart healthy.
<b>Prawns</b>	Prawns are low in saturated fat but rich in cholesterol but eating foods high in saturated fat has a greater impact on your blood cholesterol levels.
<b>Baked beans</b>	3 heaped tablespoons = 1 portion of vegetables. Choose lower sugar and salt varieties of tinned baked beans or have a go at making your own where you decide on the amount of salt and sugar added.
<b>Kidney beans</b>	3 heaped tablespoons = 1 portion of vegetables. Beans don't have the same mix of nutrients as other fruit and vegetables so if you eat more than 3 heaped tablespoons it still counts as only 1 portion of your five-a-day.
<b>Nuts</b>	Nuts and nut butters are a good source of fibre, iron and zinc and can be easily stirred into stir fries, curries and smoothies.
<b>Chicken</b>	Cut down on fat by removing the chicken skin. Chicken is an excellent source of protein and is low in fat, especially if you remove the chicken skin.
<b>Tofu</b>	Tofu is a high-quality plant protein as it contains all 9 of the essential amino acids, the building blocks of protein, that you only get from the food you eat.
<b>Burger</b>	Follow the Eatwell guidelines by choosing a lower salt burger, grilling it then serving it in a wholemeal bun or with baked potato wedges and a salad.

## Food and Drinks high in fat and/or sugar

We only need a small amount of food and drinks which are high in fat and/or added sugar as they contain lots of energy and often very few other nutrients.

<b>Olive oil</b>	Keep your heart healthy by using monounsaturated fat rich olive oil and olive oil spreads over butter, ghee and lard which are all high in saturated fat.
<b>Mayonnaise</b>	Mix equal parts mayonnaise with fat-free Greek yogurt and you will half the fat and salt content without altering the rich creamy texture.
<b>Irn Bru</b>	Cut out teaspoons worth of sugar by choosing a sugar free version. Swapping a regular can of fizzy drink for the sugar free version is a quick and simple way to reduce your sugar intake.
<b>Shortbread</b>	Shortbread is a traditional Scottish biscuit made from sugar, salted butter, and white flour, delicious but save it for a special treat.
<b>Cake</b>	All cakes are high in fat and/or sugar, so only have a small portion. All cakes have a high proportion of fat and sugar, even carrot cake or blueberry muffins which sound like a healthier choice, so stick to having a small portion as a treat. Replacing some of the sugar in your cake mix with pureed or grated fruit and vegetables such as apple, banana, beetroot or carrot will add fibre and sweetness.
<b>Crisps</b>	Baked crisps are lower in fat than standard crisps but it doesn't mean they are low in salt, sugar or indeed fat, so check the food labels and portion sizes.
<b>Ketchup</b>	Although it contains tomatoes, the high salt and sugar content of ketchup means that it does not count as 1 of your 5 a day.
<b>Sweets</b>	Almost pure sugar and loved by acid producing bacteria in your mouth. The more times you eat sweets, especially between meals, the more your teeth are under attack from acid producing bacteria which can lead to cavities and toothache.