

Month	K-3 bingo card Featured fruits and vegetables	K-3 bingo cards additional fruits and vegetables	K-3 bingo cards physical activities	4 <sup>th</sup> – 6 <sup>th</sup> scorecard Featured fruits and vegetables	4 <sup>th</sup> – 6 <sup>th</sup> scorecard Featured physical activities
<b>September</b>	Apple Plum Zucchini tomato	Berries Canned fruit Frozen vegetables Lettuce salad 100% fruit juice	Slide Ride Run Stretch Walk (2) Roller skate (roller blade) Play (2) Sweep Jump	Apple Plum Zucchini Tomato	Putt (golf) Volley (volleyball) Hike
<b>October</b>	Carrots Grapes Jicama radish	Star fruit Broccoli Frozen vegetables 100%fruit juice Applesauce	Ride Dribble Gather leaves Stretch Kick Hike a trail Walk Skate Play (2) Rake	Carrots Grapes Jicama radish	Aim (Frisbee) Throw (Football) Walk
<b>November</b>	Pumpkin Sweet Potato Cranberries Pears	Acorn squash Canned vegetables 100% fruit juice Orange	Play (2) Walk Stretch Climb Swing Skip Toss Jump Dance Ride	Pumpkin Sweet Potato Cranberries Pears	Climb (wall, equipment) Quadruple (martial arts) Zip (inline skating)
<b>December</b>	Broccoli Kiwi Tangerine Grapefruit	Sweet potato Canned peaches Star fruit Frozen vegetables	Dance Build Do handstand Stretch Walk Play (2) Hit ball Jump Shoot hoops	Broccoli Kiwi Tangerine Grapefruit	Dance Merge (create your own game – merge two together) Glide (skate)

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## Bingo and Scorecard Summary

			Spin Skate		
<b>January</b>	Mango Pepper Orange Cucumber	Dried fruit Canned vegetables Jicama 100% Fruit juice Frozen blueberries	Dance Play (2) Shoot hoops March Climb Run Sled Kick Walk Bowl	Mango Pepper Orange Cucumber	Xross (ski) Bounce (basketball) Flip (gymnastics)
<b>February</b>	Banana Potato Mushroom Apple	Pepper Frozen corn 100% fruit juice Kiwi Cantaloupe Lemon/lime	Play (2) Build Dance Sled Bowl Shoot hoops Kick Walk Climb Run	Banana Potato Mushrooms Apples	Jump (jump rope) Yoga Serve (table tennis)
<b>March</b>	Cauliflower Cabbage Raisins Celery	100% fruit juice Frozen vegetables Fruit cocktail Orange	Slide Ride Play (2) Run Skate Stretch Catch Dance Walk Jump	Cauliflower Cabbage Raisins Celery	Run Skateboard Unwind (stretching)
<b>April</b>	Artichoke Pineapple Avocado Grape tomato	Canned pineapple Banana Frozen fruit Mango	Fly a kite Kick Toss Play (2) Ride (2) Catch Swing Skip Walk	Artichokes Pineapple Avocado Grape tomato	Cycle Equip (tennis, badminton) Leap (track and field)

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## Bingo and Scorecard Summary

<p><b>May</b></p>	<p>Asparagus Rhubarb Spinach Strawberry</p>	<p>Lettuce salad Celery 100% fruit juice Canned pears Nectarine</p>	<p>Walk (2) Play (2) Plant Ride Jump rope Slide Run Roller blade (roller skate) Bowl</p>	<p>Asparagus Rhubarb Spinach Strawberries</p>	<p>Slide: (baseball/ softball sliding into the base) Kick (soccer) Swim</p>
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For more information on Pick a **better** snack™ & ACT, visit  
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