

Beef & Veal in the Classroom BINGO

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Protein	True	10	Vitamin B12	3 oz.
Wash Your Hands	In the Fridge	Mono-unsaturated Fat	Build and Preserve Muscle	Healthy Immune System
Zinc	Smart Phone		Four	9 months
Iron	150	Marbling	Loin	Round
Grilling	50%	6-8 months	False	Lean to Fat Ratio

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150	Iron	3 oz.	Healthy Immune System	Wash Your Hands
True	10	9 months	Round	False
Mono-unsaturated Fat	Vitamin B12		Loin	Smart Phone
Four	In the Fridge	Lean to Fat Ratio	Grilling	Marbling
50%	6-8 months	Protein	Zinc	Build and Preserve Muscle

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Marbling	Smart Phone	3 oz.	Iron	Vitamin B12
150	Grilling	10	9 months	Build and Preserve Muscle
Wash Your Hands	Protein		Four	Round
Zinc	Mono-unsaturated Fat	6-8 months	False	True
Healthy Immune System	50%	Lean to Fat Ratio	Loin	In the Fridge

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Smart Phone	False	Wash Your Hands	Zinc	Vitamin B12
Loin	Mono-unsaturated Fat	Build and Preserve Muscle	Marbling	10
Lean to Fat Ratio	Grilling		True	In the Fridge
Iron	Round	3 oz.	Healthy Immune System	6-8 months
Protein	150	50%	Four	9 months

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6-8 months	Lean to Fat Ratio	Wash Your Hands	False	Iron
Grilling	Zinc	Protein	In the Fridge	Vitamin B12
50%	True		Four	Marbling
9 months	150	Healthy Immune System	3 oz.	Mono-unsaturated Fat
Smart Phone	Build and Preserve Muscle	Round	Loin	10

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Smart Phone	Marbling	Wash Your Hands	Round	Vitamin B12
Iron	False	50%	In the Fridge	6-8 months
10	Mono-unsaturated Fat		Build and Preserve Muscle	Protein
Loin	150	Zinc	Healthy Immune System	3 oz.
True	9 months	Lean to Fat Ratio	Four	Grilling

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6-8 months	Mono-unsaturated Fat	9 months	Loin	Grilling
Lean to Fat Ratio	False	3 oz.	10	Round
Vitamin B12	Protein		Smart Phone	Build and Preserve Muscle
150	True	Marbling	In the Fridge	Four
Wash Your Hands	Iron	Healthy Immune System	Zinc	50%

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150	Loin	In the Fridge	Protein	9 months
50%	Smart Phone	Marbling	Four	False
Grilling	6-8 months		Wash Your Hands	3 oz.
Vitamin B12	Build and Preserve Muscle	Round	Iron	Healthy Immune System
True	10	Zinc	Lean to Fat Ratio	Mono-unsaturated Fat

Use this randomly generated list as your call list when playing the game. There is no need to say the BINGO column name. Cross out each word as you announce it, to keep track. You can also cut out each item, place them in a bag and pull words from the bag.

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|------------------------------|---------------------------|--------------------------|
| 1. Loin | 2. 150 | 3. 50% |
| 4. Build and Preserve Muscle | 5. 10 | 6. Vitamin B12 |
| 7. 9 months | 8. Marbling | 9. Round |
| 10. 6-8 months | 11. Healthy Immune System | 12. Mono-unsaturated Fat |
| 13. Grilling | 14. True | 15. Protein |
| 16. In the Fridge | 17. Lean to Fat Ratio | 18. False |
| 19. Iron | 20. 3 oz. | 21. Smart Phone |
| 22. Zinc | 23. Wash Your Hands | 24. Four |