

Healthy Bones and Teeth Bingo	Calcium	Cheese	Collard Greens	Egg Yolk
	Enamel	Flossing	Jumping rope	Lactose
	Milk	Milk Group	Sunshine Vitamin	Twice a Day
	Walking	Yogurt	20 Minutes	206

Healthy Bones and Teeth Bingo	Cheese	Collard Greens	Egg Yolk	Enamel
	Flossing	Jumping rope	Lactose	Milk
	Milk Group	Sunshine Vitamin	Twice a Day	Walking
	Yogurt	20 Minutes	206	Calcium

Healthy Bones and Teeth Bingo	Collard Greens	Egg Yolk	Enamel	Flossing
	Jumping rope	Lactose	Milk	Milk Group
	Sunshine Vitamin	Twice a Day	Walking	Yogurt
	20 Minutes	206	Calcium	Cheese

Healthy Bones and Teeth Bingo	Egg Yolk	Enamel	Flossing	Jumping rope
	Lactose	Milk	Milk Group	Sunshine Vitamin
	Twice a Day	Walking	Yogurt	20 Minutes
	206	Calcium	Cheese	Collard Greens

Healthy Bones and Teeth Bingo	Enamel	Flossing	Jumping rope	Lactose
	Milk	Milk Group	Sunshine Vitamin	Twice a Day
	Walking	Yogurt	20 Minutes	206
	Calcium	Cheese	Collard Greens	Egg Yolk

Healthy Bones and Teeth Bingo	Flossing	Jumping rope	Lactose	Milk
	Milk Group	Sunshine Vitamin	Twice a Day	Walking
	Yogurt	20 Minutes	206	Calcium
	Cheese	Collard Greens	Egg Yolk	Enamel

Healthy Bones and Teeth Bingo	Jumping rope	Lactose	Milk	Milk Group
	Sunshine Vitamin	Twice a Day	Walking	Yogurt
	20 Minutes	206	Calcium	Cheese
	Collard Greens	Egg Yolk	Enamel	Flossing

Healthy Bones and Teeth Bingo	Lactose	Milk	Milk Group	Sunshine Vitamin
	Twice a Day	Walking	Yogurt	20 Minutes
	206	Calcium	Cheese	Collard Greens
	Egg Yolk	Enamel	Flossing	Jumping rope

Healthy Bones and Teeth Bingo	Milk	Milk Group	Sunshine Vitamin	Twice a Day
	Walking	Yogurt	20 Minutes	206
	Calcium	Cheese	Collard Greens	Egg Yolk
	Enamel	Flossing	Jumping rope	Lactose

Healthy Bones and Teeth Bingo	Milk Group	Sunshine Vitamin	Twice a Day	Walking
	Yogurt	20 Minutes	206	Calcium
	Cheese	Collard Greens	Egg Yolk	Enamel
	Flossing	Jumping rope	Lactose	Milk

Healthy Bones and Teeth Bingo	Sunshine Vitamin	Twice a Day	Walking	Yogurt
	20 Minutes	206	Calcium	Cheese
	Collard Greens	Egg Yolk	Enamel	Flossing
	Jumping rope	Lactose	Milk	Milk Group

Healthy Bones and Teeth Bingo	Twice a Day	Walking	Yogurt	20 Minutes
	206	Calcium	Cheese	Collard Greens
	Egg Yolk	Enamel	Flossing	Jumping rope
	Lactose	Milk	Milk Group	Sunshine Vitamin

Healthy Bones and Teeth Bingo	Walking	Yogurt	20 Minutes	206
	Calcium	Cheese	Collard Greens	Egg Yolk
	Enamel	Flossing	Jumping rope	Lactose
	Milk	Milk Group	Sunshine Vitamin	Twice a Day

Healthy Bones and Teeth Bingo	Yogurt	20 Minutes	206	Calcium
	Cheese	Collard Greens	Egg Yolk	Enamel
	Flossing	Jumping rope	Lactose	Milk
	Milk Group	Sunshine Vitamin	Twice a Day	Walking

Healthy Bones and Teeth Bingo	20 Minutes	206	Calcium	Cheese
	Collard Greens	Egg Yolk	Enamel	Flossing
	Jumping rope	Lactose	Milk	Milk Group
	Sunshine Vitamin	Twice a Day	Walking	Yogurt

Healthy Bones and Teeth Bingo	206	Calcium	Cheese	Collard Greens
	Egg Yolk	Enamel	Flossing	Jumping rope
	Lactose	Milk	Milk Group	Sunshine Vitamin
	Twice a Day	Walking	Yogurt	20 Minutes

Healthy Bones and Teeth Bingo Answer Guide

Use this guide to review an important fact about each word or phrase during the bingo game or game show activities.

- 20 Minutes – The minimum amount of time that acid can attack your teeth each time you eat food that contains carbohydrates.
- 206 – The number of bones in your body.
- Calcium – An important mineral that keeps your bones strong.
- Cheese – A calcium-rich food.
- Collard Greens – A veggie that contains calcium.
- Egg Yolk – A food that contains Vitamin D.
- Enamel – The hard outer part of your teeth.
- Flossing – What to do once a day for healthy gums.
- Jumping rope – An exercise that makes your bones strong.
- Lactose – A sugar found in milk.
- Milk – A calcium-rich drink.
- Milk Group – The foods and beverages in this MyPyramid food group are rich in calcium.
- Sunshine Vitamin – Vitamin D.
- Twice a Day – How often you should brush your teeth each day – once after breakfast and once after dinner.
- Walking – An exercise that makes your bones strong.
- Yogurt – A calcium-rich food.