

Wellness BINGO



Professions: A variety of health professions

Grade Level: 3-5

References: www.healthyhands.com

All HOTT lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them. If possible, invite the corresponding health professional into your classroom to discuss his/her occupation. If this is not an option, use the attached sheet(s) to share this/these career(s) with your students.

Purpose: Students will identify and understand words pertaining to good health and general wellness. Wellness Bingo is played just like traditional bingo. The first student to cover five words in a straight line based on clues supplied by the teacher calls out "Wellness Bingo!" and wins that round.

Materials needed: Wellness Bingo card (one per student/team), counters (coins, beans, scraps of paper), paper cups or bags (one per students), word list and word clues sheet, *OPTIONAL: PRIZES for the winners!*

Duration: 20 - 30 minutes

Instructions:

- Before starting the activity, make sure you have the plastic cups or bags filled with the counters (one set per student) Also make sure you have enough bingo boards for each student
- Ask class how many of them have played bingo before at a birthday party or other fun event.
- Tell students that they will play a game called Wellness Bingo. It is just like regular bingo, except you will cover up words, rather than numbers.
- Pass out Wellness Bingo cards and counters to each student or team.
- Explain that you will read to them (or list on the board) a number of wellness terms. They are to write them, one word per square, in the blanks on the bingo cards. Tell them to mix the words up, because each board needs to be different.
- Tell them to begin by covering up the very center square, the one that reads "Wellness Bingo." Then read one of the definitions from the clue sheet, and ask students to identify the right word from their cards. Give students a few moments to find it; then have one of them provide the correct answer.
- Tell students to cover that word on the card with one of their counters.
- Continue in this fashion until someone covers five words in a straight line (either across, up and down or diagonally) and calls out "Wellness Bingo!" Ask that student to read aloud the five words as well as the definitions for each. This provides additional reading practice and checks for accuracy.
- If the student has won the round, you may either continue play from that point or ask students to clear their cards and begin again.

Possible Extensions Include:

- Write some of the bingo words on the board and keep them up during the week, as a review.
- Use the clue sheet as a review activity to promote discussion and reinforce concepts.

For specific information on these careers, visit <http://www.bls.gov/search/ooh.asp?ct=OOH>

“Wellness Bingo” Word and Clue Lists

Clues

1. *[Energy]* If you eat well-balanced meals, your body will get this.
2. *[Sleep]* It is important to get enough hours of this every night.
3. *[Bath]* You need this to keep your whole body clean...please pass the soap!
4. *[Bread]* This food group can include cereal, muffins, rice and tortillas.
5. *[Meat]* This food group can include chicken, fish and beans.
6. *[Toothbrush]* Use this every morning and evening to keep your teeth clean.
7. *[Liquid soap]* Use this with warm water to get yourself really clean.
8. *[Milk]* This drink is part of the Food Group that includes cheese.
9. *[Fruit]* This is the other half of the Food Group that includes vegetables.
10. *[Butter]* This is an Extra Food that should only be eaten in small amounts, often on toast and corn on-the cob.
11. *[Germs]* These tiny organisms can make you sick.
12. *[Comb]* Use this or a brush to help keep your hair neat and clean.
13. *[Hand sanitizer]* Use this on your hands as part of a good hand hygiene regimen...and when soap

and water are not available.

14. *[Beans]* This is part of an important Food Group that includes chicken, meat and fish.
15. *[Breakfast]* You need to eat this meal to get your mornings started with energy!
16. *[Snack]* This is a small bit of food between your regular meals. Keep it low in sugar!
17. *[Exercise]* Your body’s muscles need this to get strong and stay limber.
18. *[Lunch]* This important meal keeps us going in the middle of the day.
19. *[Sugar]* The foods you eat should not have much of this in them... Too much can cause cavities in your teeth and fat on your body.
20. *[Dinner]* This important meal happens in the late afternoon or early evening.
21. *[Ingredients]* It is good to read the list of these on a product to see what is really in the food you are eating.
22. *[Digestion]* This is your body’s way of changing the food you eat into energy for your body.
23. *[Dentist]* This person knows all about keeping your teeth and gums healthy.
24. *[Doctor]* This person can help you stay well or give you medicine if you are sick

Words

_ Energy

_ Sleep

_ Bath

_ Bread

_ Meat

_ Toothbrush

_ Liquid soap

_ Milk

_ Fruit

_ Butter

_ Germs

_ Comb

_ Hand sanitizer

_ Beans

_ Breakfast

_ Snack

_ Exercise

_ Lunch

_ Sugar

_ Dinner

_ Ingredients

_ Digestion

_ Dentist

_ Doctor

Wellness Bingo!

Wellness Bingo is played just like regular bingo. The first person to cover five words in a straight line - either across, up and down or diagonally - calls out "Wellness BINGO!" and wins that round!

				