

Food Skills - Food Safe Bingo Activity Guide

Name of Activity	Food Safe Bingo			
Aim	Icebreaker	Activity ☒	Discussion	Review
Activity Type	Seated ☒	Active/Energizer	Interactive ☒	Passive
Delivery Platform	Virtual	In-person ☒	Virtual & in-person	Other:
Total Time	2 - 5 minutes	5 - 10 minutes ☒	10 - 15 minutes	Other: 20 min
Suggested Session	Session 1- How to Keep Food Safe			
Objective	Learn and review food safe handling practices			
Materials	• Bingo Word List • Bingo Cards • Bingo Markers • Food Skills Facilitator Guide & Participant Handbook: How to Keep Food Safe - Session One			
Time	Activity			
5 min	<u>Prepare Activity:</u> Cut out: ◦ Bingo Word List: Place the 12 strips in a bowl, or, tape one word under each participant's chair before beginning the session. ◦ Bingo Cards: Use prepared bingo cards, or create your own using the Bingo Word List. ◦ Bingo Markers: Ensure there are enough for participants to fill their card (i.e. if there are 12 participants you will need 108 markers - 3 copies of the Bingo Markers page).			
	<u>Game Flow:</u> ◦ The game continues until all 12 words have been discussed, even if someone gets bingo early. ◦ When a participant gets bingo, note their win, then everyone clears their cards and plays again using the remaining words. There will be multiple winners!			

10 min

Activity Instructions

1. Establish a line, diagonal, etc. for each win.
2. Each participant takes a turn selecting a word (from a bowl or under their chair).
3. They share the main food safety message related to that word (e.g., tips to prevent cross-contamination).
4. Others may contribute if they know the message.
5. Facilitators should fill in any gaps using the Facilitator Guide or Handbook (session one).
6. Refer to the Food Safe Messaging List below to locate the key messages

From Participant Handbook (Session One)	From Facilitator Guide (Session One)
Refrigerate	Hand Washing
Cook It	Illness
Sanitizing	Hair & Clothing
Reheating (Include microwave cooking)	Glove Use
Danger Zone	Best Before Date

Summary

Review and establish safe food handling techniques to be practiced at home and during the program while group cooks together.

Bingo Word List



Cross Contamination

Hand Washing

Danger Zone

Illness

Sanitizing

Cook It

Cool It

Hair & Clothing

Reheating

Refrigerate

Glove Use

Best Before Date

Bingo Markers



Food Safe Bingo Card

Illness	Hand Washing	Cook It
Reheating	Cross Contamination	Best Before Date
Cool It	Hair & Clothing	Glove Use



Food Safe Bingo Card

Danger Zone	Glove Use	Refrigerate
Cool It	Sanitizing	Cross Contamination
Cook It	Best Before Date	Reheating

Food Safe Bingo Card

Illness	Refrigerate	Hair & Clothing
Hand Washing	Danger Zone	Glove Use
Cook It	Best Before Date	Reheating



Food Safe Bingo Card

Danger Zone	Reheating	Best Before Date
Hand Washing	Cook It	Cross Contamination
Glove Use	Sanitizing	Hair & Clothing

Food Safe Bingo Card

Cook It	Best Before Date	Reheating
Hand Washing	Sanitizing	Refrigerate
Cross Contamination	Glove Use	Illness



Food Safe Bingo Card

Sanitizing	Danger Zone	Refrigerate
Cool It	Glove Use	Illness
Cook It	Reheating	Hair & Clothing

Food Safe Bingo Card

Hair & Clothing	Cook It	Illness
Best Before Date	Hand Washing	Danger Zone
Refrigerate	Reheating	Cross Contamination



Food Safe Bingo Card

Cool It	Glove Use	Sanitizing
Reheating	Illness	Hand Washing
Refrigerate	Danger Zone	Cook It

Food Safe Bingo Card

Cool It	Illness	Refrigerate
Hair & Clothing	Cook It	Sanitizing
Reheating	Danger Zone	Best Before Date



Food Safe Bingo Card

Cook It	Hand Washing	Cross Contamination
Illness	Cool It	Glove Use
Hair & Clothing	Refrigerate	Reheating

Food Safe Bingo Card

Glove Use	Reheating	Cook It
Hand Washing	Cool It	Cross Contamination
Danger Zone	Hair & Clothing	Best Before Date



Food Safe Bingo Card

Hand Washing	Hair & Clothing	Cool It
Cook It	Sanitizing	Best Before Date
Illness	Glove Use	Reheating

Food Safe Bingo Card

Best Before Date	Reheating	Refrigerate
Cook It	Hair & Clothing	Danger Zone
Sanitizing	Illness	Cross Contamination



Food Safe Bingo Card

Illness	Cool It	Glove Use
Cook It	Reheating	Hand Washing
Hair & Clothing	Refrigerate	Best Before Date

Food Safe Bingo Card



Food Safe Bingo Card
