

# GROW YOUR OWN POTATOES



## Card 3: Lunchbox bingo



Place the cards into the right areas to play Lunchbox Bingo!

**A good portion  
of starchy food**



**Plenty of fruit  
and vegetables**



**A portion of lean  
meat, fish or  
an alternative**



**A portion of milk  
or dairy food**



**A drink**

