

# Two Bites Bingo

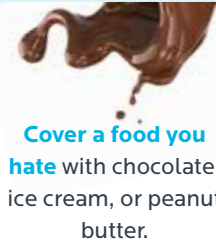
For this family challenge: Consider choosing a prize before you start.  
Make it a reward the whole family will love.

Either pick challenges randomly (perhaps by writing them down and picking from a hat) or assigning each family member a turn. To mark off a square, everyone must take at least two bites of the food creation. Once you mark off 5 squares in any direction, you win.

Everyone tries a new food— while wearing a blindfold.



Pair a food you think is super yummy with a food you think is super yucky.



Cover a food you hate with chocolate, ice cream, or peanut butter.

Add something different to tacos.

Tonight's protein: **tofu, beans, or lentils.**



Drizzle olive oil over vanilla ice cream. Add a sprinkle of sea salt.

Take a veggie no one likes. Try 3 toppings that might make it a-okay.



Grill 3 different types of fruit. Which tastes the best? The worst?

Try an ancient grain: barley, quinoa, or amaranth.



Breakfast for **dinner.**

Try a pear or apple with a slice of Asiago, Parm, or Cheddar cheese.



How slowly can you eat a square of chocolate?

**FREE**

Try the same food 3 ways: boiled, grilled, roasted.

Mix a grownup's favorite cereal with a kid's favorite food.

Try a new protein or veggie on top of pizza.



What happens when you wrap your least favorite vegetable in bacon and then roast it?

Try scrambled eggs with fresh dill, salsa, or sriracha on top.



Taste test: Brown rice vs. white vs. wild.

Try an artichoke.



Eat a new food, without using utensils or your hands.

Mix a high protein food into mac and cheese.

Can anyone guess what new food I secretly mixed into a family favorite?

Taste test: pea protein pasta vs. whole grain pasta vs. red lentil pasta.

Make your favorite meal from scratch.