

**EXERCISE 1**

*DIRECTIONS: Circle the word or phrase the teacher says.*

- |     |             |                |              |
|-----|-------------|----------------|--------------|
| 1.  | apricots    | bananas        | cooking      |
| 2.  | bread       | citrus         | fresh        |
| 3.  | juice       | meal           | nuts         |
| 4.  | poultry     | raisins        | shellfish    |
| 5.  | asparagus   | fortified      | grapefruit   |
| 6.  | peas        | pork           | potatoes     |
| 7.  | nuts        | salt           | tofu         |
| 8.  | cantaloupe  | kiwi           | strawberries |
| 9.  | cabbage     | potatoes       | pumpkin      |
| 10. | oils        | oranges        | tuna         |
| 11. | vegetable   | mineral        | margarine    |
| 12. | folate      | folic acid     | fortified    |
| 13. | teaspoon    | sweet potatoes | tofu         |
| 14. | labels      | lemons         | liver        |
| 15. | green beans | green peppers  | grapefruit   |
| 16. | sardines    | seafood        | shellfish    |
| 17. | calcium     | iron           | sodium       |
| 18. | protein     | thiamin        | niacin       |
| 19. | vitamins    | minerals       | riboflavin   |
| 20. | meat        | meal           | milk         |

**TEACHER DIRECTIONS for EXERCISE 1**

Say the following aloud. Say, "Circle only the word you hear. I will repeat the word two times." Choose and say a word from each row. This exercise may be repeated using different words each time.

*This activity was developed through a USDA Team Nutrition Training Grant for the Louisiana State Department of Education Division of Nutrition Assistance by Rhonda H. Atkinson.*

**EXERCISE 2**

*DIRECTIONS: Listen to the sentences as the teacher dictates them. Unscramble the words to make each sentence correct. Don't forget to begin a sentence with a capital letter and end the sentence with a period. Allow ample time to rewrite.*

1. school a lunch of the food groups includes all

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2. from come plants vitamins animals and

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3. fruits Vitamin C good citrus sources of are

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4. much often too get people sodium

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5. stored are in vitamins the some body

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6. body sunlight the make Vitamin D helps

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7. strong builds Vitamin D and bones teeth

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8. meat the best group are the source foods of in iron

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9. how sodium much calcium, labels iron, is show in and a food

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10. than nutrients lunches more bag brown have lunches school

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**EXERCISE 3**

*DIRECTIONS: Listen to the sentences. The teacher will say each sentence three times. When the teacher says the sentence the first time, do not write, just listen. When the teacher says it the second time, try to write as much of it as you can. By the time the teacher says it a third time, you should have written the complete sentence.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**TEACHER DIRECTIONS for EXERCISES 2 and 3**

The following sentences should be read aloud by the teacher for exercises 2 and 3. dictation. Read each sentence 3 times.

**KEY**

1. A school lunch includes all of the food groups.
2. Vitamins come from plants and animals.
3. Citrus fruits are good sources of Vitamin C.
4. People often get too much sodium.
5. Some vitamins are stored in the body.
6. Sunlight helps the body make Vitamin D.
7. Vitamin D builds strong bones and teeth.
8. Foods in the meat group are the best source of iron.
9. Labels show how much calcium, iron, and sodium is in a food.
10. School lunches have more nutrients than brown bag lunches.

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