

EXERCISE 1

WORD SEARCH

DIRECTIONS: Circle the hidden vocabulary words in the maze. Words are placed forward, diagonally, up and down. Words listed below are included in the maze.

C	O	R	N	B	R	O	C	C	O	L	I	S	F	P	Z	B	R	G	M
Y	G	R	Q	S	T	H	K	Z	J	J	F	J	R	N	E	K	L	R	G
J	B	M	X	Z	D	S	X	Z	V	Z	Z	F	U	P	W	A	N	A	J
V	R	R	V	D	P	W	J	N	H	N	P	M	I	M	Y	X	S	P	L
M	U	S	H	R	O	O	M	S	C	Z	V	Y	T	G	K	H	B	E	W
J	N	R	R	L	T	F	F	B	W	C	Y	L	S	N	V	B	C	F	K
Z	Y	D	Z	K	T	L	M	R	L	B	Q	Z	G	G	C	M	W	R	Z
L	X	P	S	V	M	X	R	M	R	V	K	K	F	L	C	J	Q	U	D
X	B	Y	K	P	D	N	M	Q	B	J	F	W	C	G	X	G	R	I	L
C	P	S	K	H	X	H	G	C	C	P	Q	A	P	T	S	C	L	T	J
S	R	L	U	J	S	F	Y	W	Q	R	W	T	C	S	T	G	Y	B	K
R	H	H	N	N	M	P	J	H	Y	C	S	E	V	A	F	Z	V	Z	B
N	N	E	C	G	F	B	H	K	C	W	P	R	K	R	C	X	V	Y	Q
V	W	F	L	K	C	L	D	T	B	V	I	M	X	D	I	Y	X	G	T
L	P	S	C	L	Z	S	O	X	J	F	N	E	D	I	T	R	P	L	L
G	C	R	D	R	F	P	W	W	Q	G	A	L	P	N	R	U	H	H	P
D	H	W	V	W	X	I	X	K	E	N	C	O	Q	E	U	R	N	B	M
C	O	R	A	N	G	E	S	H	H	R	H	N	H	S	S	W	Y	A	D
R	V	L	Z	S	J	R	D	H	S	X	L	C	K	D	Y	W	V	Y	S
K	W	V	N	U	T	S	A	S	P	A	R	A	G	U	S	H	P	D	Y

WORD LIST			
ASPARAGUS	FRUITS	ORANGES	SPINACH
BROCCOLI	GRAPEFRUIT	PEAS	SUNFLOWER
CITRUS	MUSHROOMS	SARDINES	TUNA
CORN	NUTS	SHELLFISH	WATERMELON

TEACHER DIRECTIONS for EXERCISE 1

Review target words with learners. After learners locate words, ask each learner to repeat one or more words.

Additional activities: Alphabetize words. Copy words. Use words in sentences. Spell words. Sort by number of syllables or type of vowel sound.

KEY

C	O	R	N	B	R	O	C	C	O	L	I	S	F	P	Z	B	R	G	M
Y	G	R	Q	S	T	H	K	Z	J	J	F	J	R	N	E	K	L	R	G
J	B	M	X	Z	D	S	X	Z	V	Z	Z	F	U	P	W	A	N	A	J
V	R	R	V	D	P	W	J	N	H	N	P	M	I	M	Y	X	S	P	L
M	U	S	H	R	O	O	M	S	C	Z	V	Y	T	G	K	H	B	E	W
J	N	R	R	L	T	F	F	B	W	C	Y	L	S	N	V	B	C	F	K
Z	Y	D	Z	K	T	L	M	R	L	B	Q	Z	G	G	C	M	W	R	Z
L	X	P	S	V	M	X	R	M	R	V	K	K	F	L	C	J	Q	U	D
X	B	Y	K	P	D	N	M	Q	B	J	F	W	C	G	X	G	R	I	L
C	P	S	K	H	X	H	G	C	C	P	Q	A	P	T	S	C	L	T	J
S	R	L	U	J	S	F	Y	W	Q	R	W	T	C	S	T	G	Y	B	K
R	H	H	N	N	M	P	J	H	Y	C	S	E	V	A	F	Z	V	Z	B
N	N	E	C	G	F	B	H	K	C	W	P	R	K	R	C	X	V	Y	Q
V	W	F	L	K	C	L	D	T	B	V	I	M	X	D	I	Y	X	G	T
L	P	S	C	L	Z	S	O	X	J	F	N	E	D	I	T	R	P	L	L
G	C	R	D	R	F	P	W	W	Q	G	A	L	P	N	R	U	H	H	P
D	H	W	V	W	X	I	X	K	E	N	C	O	Q	E	U	R	N	B	M
C	O	R	A	N	G	E	S	H	H	R	H	N	H	S	S	W	Y	A	D
R	V	L	Z	S	J	R	D	H	S	X	L	C	K	D	Y	W	V	Y	S
K	W	V	N	U	T	S	A	S	P	A	R	A	G	U	S	H	P	D	Y

EXERCISE 2

WORD SEARCH

DIRECTIONS: Circle the hidden vocabulary words in the maze. Words are placed forward, diagonally, up and down. Words listed below are included in the maze. Use your word bank to identify words you need. The first letter of each word and the total number of letters in the word are given on the next page as clues.

D	Y	D	W	P	Y	Y	H	J	P	S	H	M	H	M	S	D	R	C	P
C	G	G	Z	D	S	Q	R	E	H	P	G	G	Z	G	Y	S	E	A	K
R	D	L	L	X	B	V	W	G	N	S	Y	Z	S	W	V	W	T	R	J
Z	G	V	Y	Z	V	W	Z	G	F	R	J	L	L	J	N	L	I	B	F
F	S	C	D	B	V	V	M	C	X	F	I	K	D	D	J	Y	N	O	C
R	R	F	K	Z	S	H	Z	C	W	O	T	C	Q	R	N	Y	O	H	G
E	V	S	G	D	X	J	X	N	T	R	I	J	H	I	S	V	I	Y	F
S	N	I	J	Q	X	R	F	L	W	T	G	R	L	E	O	T	D	D	S
H	Z	B	T	B	R	C	A	L	C	I	U	M	O	D	D	S	S	R	Z
K	P	G	R	A	W	N	N	M	H	F	H	L	Q	N	I	L	T	A	L
P	S	Z	G	L	M	K	H	V	J	I	N	C	R	C	U	F	J	T	S
C	F	I	B	E	R	I	P	C	X	E	W	N	G	L	M	C	F	E	D
F	J	J	Y	B	C	T	N	N	Y	D	S	J	G	N	M	H	R	S	Q
W	F	Y	W	R	Z	K	Y	S	C	G	R	G	V	F	M	D	P	Q	V
B	E	T	A	C	A	R	O	T	E	N	E	B	R	V	R	Y	Y	F	X
J	F	N	V	C	L	X	B	C	W	M	J	Q	Z	P	D	Q	X	G	D
F	Z	P	T	W	G	Y	R	W	B	X	C	G	K	H	N	F	K	N	M
W	Z	V	C	J	D	Z	R	K	M	W	Q	F	P	V	P	Q	Y	F	V
R	V	Y	Q	K	Q	C	H	B	R	P	H	H	N	V	R	C	D	T	G
N	F	C	C	W	W	D	G	X	D	S	P	T	C	R	C	B	J	Y	F

Number of LETTERS	CLUE
13	<u>C</u> ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___
12	<u>B</u> ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___
9	<u>F</u> ___ ___ ___ ___ ___ ___ ___ ___
9	<u>R</u> ___ ___ ___ ___ ___ ___ ___ ___
8	<u>E</u> ___ ___ ___ ___ ___ ___ ___
8	<u>V</u> ___ ___ ___ ___ ___ ___ ___
7	<u>C</u> ___ ___ ___ ___ ___ ___
6	<u>S</u> ___ ___ ___ ___ ___
5	<u>F</u> ___ ___ ___ ___
5	<u>F</u> ___ ___ ___ ___
5	<u>D</u> ___ ___ ___ ___
4	<u>I</u> ___ ___ ___

TEACHER DIRECTIONS for EXERCISE 2

Review target words with learners. After learners locate words, ask each learner to repeat one or more words.

Additional activities: Alphabetize words. Copy words. Use words in sentences. Spell words. Sort by number of syllables or type of vowel sound.

KEY

D	Y	D	W	P	Y	Y	H	J	P	S	H	M	H	M	S	D	R	C	P
C	G	G	Z	D	S	Q	R	E	H	P	G	G	Z	G	Y	S	E	A	K
R	D	L	L	X	B	V	W	G	N	S	Y	Z	S	W	V	W	T	R	J
Z	G	V	Y	Z	V	W	Z	G	F	R	J	L	L	J	N	L	I	B	F
F	S	C	D	B	V	V	M	C	X	F	I	K	D	D	J	Y	N	O	C
R	R	F	K	Z	S	H	Z	C	W	O	T	C	Q	R	N	Y	O	H	G
E	V	S	G	D	X	J	X	N	T	R	I	J	H	I	S	V	I	Y	F
S	N	I	J	Q	X	R	F	L	W	T	G	R	L	E	O	T	D	D	S
H	Z	B	T	B	R	C	A	L	C	I	U	M	O	D	D	S	S	R	Z
K	P	G	R	A	W	N	N	M	H	F	H	L	Q	N	I	L	T	A	L
P	S	Z	G	L	M	K	H	V	J	I	N	C	R	C	U	F	J	T	S
C	F	I	B	E	R	I	P	C	X	E	W	N	G	L	M	C	F	E	D
F	J	J	Y	B	C	T	N	N	Y	D	S	J	G	N	M	H	R	S	Q
W	F	Y	W	R	Z	K	Y	S	C	G	R	G	V	F	M	D	P	Q	V
B	E	T	A	C	A	R	O	T	E	N	E	B	R	V	R	Y	Y	F	X
J	F	N	V	C	L	X	B	C	W	M	J	Q	Z	P	D	Q	X	G	D
F	Z	P	T	W	G	Y	R	W	B	X	C	G	K	H	N	F	K	N	M
W	Z	V	C	J	D	Z	R	K	M	W	Q	F	P	V	P	Q	Y	F	V
R	V	Y	Q	K	Q	C	H	B	R	P	H	H	N	V	R	C	D	T	G
N	F	C	C	W	W	D	G	X	D	S	P	T	C	R	C	B	J	Y	F

EXERCISE 3

WORD SEARCH

DIRECTIONS: Circle the hidden vocabulary words and phrases in the maze. Words are placed forward, diagonally, up and down. Use your word bank to identify words you need. The number of letters needed for a word or phrase is given with the clue.

K	H	P	P	D	T	F	L	C	W	M	S	N	C	B	C	T	D	T	G
C	T	T	C	R	K	Y	B	J	J	W	V	S	V	D	S	G	X	W	Q
Q	T	D	G	Y	F	T	P	F	W	H	Y	C	T	F	H	L	J	J	D
F	B	G	W	P	B	X	X	N	V	X	S	T	H	V	L	X	Q	B	L
L	F	N	K	C	M	K	M	L	Q	X	T	Z	I	S	D	W	K	M	X
Y	R	O	N	M	C	W	B	D	Q	S	S	T	A	A	G	Y	L	V	N
P	I	G	O	T	L	P	Z	L	V	P	M	F	M	F	R	M	A	Y	M
C	B	P	V	D	G	K	S	N	S	R	J	D	I	F	A	J	B	B	N
R	O	C	R	K	S	N	I	A	C	I	N	N	N	L	I	V	E	R	W
V	F	O	Z	O	T	Z	W	K	X	T	W	V	Q	O	N	M	L	D	L
K	L	B	K	C	C	V	L	R	P	X	R	P	H	W	Z	N	S	F	V
V	A	N	C	E	X	E	Q	H	X	R	T	P	P	E	P	K	W	H	G
N	V	C	Q	C	D	G	S	T	O	F	U	W	S	R	P	X	H	Y	S
M	I	R	H	P	C	V	V	S	S	T	Q	Y	H	J	R	R	C	L	C
F	N	N	H	C	N	S	F	L	E	K	X	R	N	V	R	R	Y	F	H
F	O	H	Y	Q	R	L	G	P	Q	D	X	H	P	X	G	K	N	S	Q
L	R	L	Z	X	Y	J	G	C	F	W	H	X	K	Z	G	C	M	D	B
Z	B	B	A	Z	P	S	L	L	Z	S	Y	Y	P	N	Y	V	P	C	X
B	Z	T	D	T	C	V	P	N	J	Y	R	D	S	K	Q	P	F	S	R
B	P	Z	H	Y	E	H	Y	F	G	Q	V	W	Q	K	Z	Z	Y	S	G

Number of LETTERS	CLUE
4	Edible bean curd used in cooking
5	A grass used to make cereal
5	A meat or poultry organ eaten as food
5	Plants or animals that humans eat
6	Another name for Vitamin B9
6	Identifies contents of cans, jars, or bottles
6	Opposite of raw
6	Another name for Vitamin B3
7	Another name for Vitamin B1
9	Treatment of food to change its form
9	A kind of plant used to make cooking oil
10	Another name for Vitamin B2

TEACHER DIRECTIONS for EXERCISE 3

Review target words with learners. After learners locate words, ask each learner to repeat one or more words.

Additional activities: Alphabetize words. Copy words. Use words in sentences. Spell words. Sort by number of syllables or type of vowel sound.

KEY











K	H	P	P	D	T	F	L	C	W	M	S	N	C	B	C	T	D	T	G
C	T	T	C	R	K	Y	B	J	J	W	V	S	V	D	S	G	X	W	Q
Q	T	D	G	Y	F	T	P	F	W	H	Y	C	T	F	H	L	J	J	D
F	B	G	W	P	B	X	X	N	V	X	S	T	H	V	L	X	Q	B	L
L	F	N	K	C	M	K	M	L	Q	X	T	Z	I	S	D	W	K	M	X
Y	R	O	N	M	C	W	B	D	Q	S	S	T	A	A	G	Y	L	V	N
P	I	G	O	T	L	P	Z	L	V	P	M	F	M	F	R	M	A	Y	M
C	B	P	V	D	G	K	S	N	S	R	J	D	I	F	A	J	B	B	N
R	O	C	R	K	S	N	I	A	C	I	N	N	N	L	I	V	E	R	W
V	F	O	Z	O	T	Z	W	K	X	T	W	V	Q	O	N	M	L	D	L
K	L	B	K	C	C	V	L	R	P	X	R	P	H	W	Z	N	S	F	V
V	A	N	C	E	X	E	Q	H	X	R	T	P	P	E	P	K	W	H	G
N	V	C	Q	C	D	G	S	T	O	F	U	W	S	R	P	X	H	Y	S
M	I	R	H	P	C	V	V	S	S	T	Q	Y	H	J	R	R	C	L	C
F	N	N	H	C	N	S	F	L	E	K	X	R	N	V	R	R	Y	F	H
F	X	H	Y	Q	R	L	G	P	Q	D	X	H	P	X	G	K	N	S	Q
L	R	L	Z	X	Y	J	G	C	F	W	H	X	K	Z	G	C	M	D	B
Z	B	B	Z	Z	P	S	F	O	L	A	T	E	Q	N	Y	V	P	C	X
B	Z	T	D	T	C	V	P	N	J	Y	R	D	S	K	Q	P	F	S	R
B	P	Z	H	Y	E	H	Y	F	G	Q	V	W	Q	K	Z	Z	Y	S	G

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

EXERCISE 4

MATCHING

DIRECTIONS: Draw a line from the picture to the word.

1.		asparagus
2.		beans
3.		bananas
4.		cantaloupe
5.		citrus
6.		sunflower
7.		tuna
8.		shellfish
9.		carbonated soft drink
10.		

TEACHER DIRECTIONS for EXERCISE 4

Review names of pictures. Read word choices aloud. Ask students to use words in sentences.

KEY

1. bananas
2. citrus
3. cantaloupe
4. asparagus
5. carbonated soft drink
6. broccoli
7. beans
8. tuna
9. sunflower
10. shellfish

EXERCISE 5**MATCHING**

DIRECTIONS: Place the letter of the matching description from the right column on the blank in front of the number of the left column.

- | | |
|--------------------|---|
| ___ 1. Vitamin A | A. mineral found in meats |
| ___ 2. calcium | B. beta-carotene is one type |
| ___ 3. Vitamin B2 | C. Americans tend to get too much of this mineral |
| ___ 4. Vitamin K | D. also called folate or folic acid |
| ___ 5. Vitamin B1 | E. thiamin |
| ___ 6. Vitamin E | F. riboflavin |
| ___ 7. Vitamin C | G. niacin |
| ___ 8. Vitamin B12 | H. promotes growth; helps the body absorb calcium |
| ___ 9. Vitamin D | I. a group of water-soluble vitamins that contribute to health |
| ___ 10. sodium | J. a lack of this mineral can cause osteoporosis |
| ___ 11. Vitamin B9 | K. fresh citrus fruits are the best source of this vitamin |
| ___ 12. iron | L. vitamin that is found mostly in oils and naturally oily foods |
| ___ 13. B-Complex | M. vitamin that comes mostly from green vegetables and contributes to blood health |
| ___ 14. Vitamin B3 | N. the only vitamin the body can make |
| ___ 15. Vitamin B6 | O. helps build new proteins, get energy from fats and carbohydrates, and contributes to brain and nervous system function |

TEACHER DIRECTIONS for EXERCISE 5

If needed, review terms and read definitions. Learners may need to use glossaries for assistance in completing the exercise.

KEY

1. B
2. J
3. F
4. M
5. E
6. L
7. K
8. H
9. N
10. C
11. D
12. A
13. I
14. G
15. O

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