

EXERCISE 1

DIRECTIONS: Circle the word or phrase the teacher says.

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|-----|-------------|--------------|--------------|
| 1. | alcohol | avocado | apricot |
| 2. | ice cream | cream cheese | cream sauce |
| 3. | grain | gravy | grapes |
| 4. | calcium | calories | carbohydrate |
| 5. | lard | lamb | lean |
| 6. | meal | meat | minerals |
| 7. | oils | oatmeal | olives |
| 8. | peas | peel | pear |
| 9. | pasta | pastries | papaya |
| 10. | processed | protein | prunes |
| 11. | salt | sauce | sodium |
| 12. | variety | vegetable | vitamin |
| 13. | whole grain | whole milk | whole wheat |
| 14. | spinach | sparingly | sugar |
| 15. | cereal | celery | calories |
| 16. | apple | apricot | asparagus |
| 17. | bean | beef | beets |
| 18. | candy | canned | carrots |
| 19. | clam | crab | cream |
| 20. | dairy | dessert | diet |

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. Each sentence is one of the recommendations from the dietary guidelines for healthy eating. 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. group choices smart every make from food
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2. focus vegetables your fruits on vary and
-

3. physical and balance find a between activity food
-

4. foods your calcium-rich get
-

5. half grains make whole your
-

6. safe food with play it
-

7. meat a especially lowfat choose beans and diet,
-

8. the limits and salt, know fat, on sugars

9. moderation so adults do should who drink in alcoholic beverages

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. Lower level learners can use the unscrambled form. More advanced students can take dictation. Read each sentence 3 times.

KEY

1. Make smart choices from every food group.
2. Focus on fruits and vary your vegetables.
3. Find a balance between food and physical activity.
4. Get your calcium-rich foods.
5. Make half your grains whole.
6. Play it **safe** with food.
7. Choose a **lowfat diet**, especially **meats and beans**.
8. Know the limits on fats, salt, and sugars.
9. Adults who drink **alcoholic beverages**, should do so in **moderation**.