

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. Hyphens are not included in the word search.

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

WORD LIST			
calcium	cream cheese	lowfat milk	cheese
dairy	sour cream	chocolate milk	
yogurt	ice cream	cottage cheese	

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

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

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

WORD SEARCH

DIRECTIONS: Circle the hidden vocabulary words in the maze. Words are placed forward, diagonally, up and down. Words on the next page are included in the maze. Use your terms 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.

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

LETTERS	CLUE
13	<u>C</u> — — — — — — — — — — — —
11	<u>w</u> — — — — <u>G</u> — — — —
9	<u>B</u> — — — — <u>R</u> — — —
7	<u>O</u> — — — — — —
7	<u>P</u> — — — — — —
6	<u>C</u> — — — — —
6	<u>W</u> — — — — —
5	<u>P</u> — — — —
5	<u>B</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

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

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 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.

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

LETTERS	CLUE
3	fresh, not cooked
5	cooked with dry heat in an oven
5	cooked in oil
5	uncooked or unprocessed foods, raw
6	cooked in water or other liquid
6	food preserved in a metal container
6	to prepare food by heating; opposite of raw
6	to remove the skin from a fruit or vegetable
6	stored in a solid through cold or ice
6	in canning, placed or stored
7	cooked in moist hot air
7	cooked by putting food directly under a flame
7	cut in small pieces
9	treatment of food which sometimes removes nutrients

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



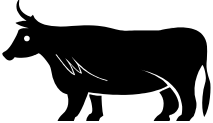
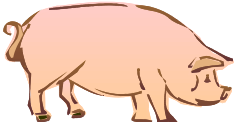





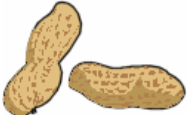
V	C	G	W	S	J	J	N	D	V	D	B	Z	C	C	B	M	Q	N	Q
Q	H	H	L	G	R	P	W	D	Z	B	R	K	M	H	J	M	Q	W	T
P	S	Z	Q	L	Q	H	D	D	C	G	O	Y	X	D	O	L	B	G	B
R	X	K	D	K	R	Y	Y	F	B	N	I	I	G	V	K	P	K	F	J
X	N	X	R	T	V	D	K	T	N	T	L	J	L	F	Y	V	P	R	G
P	R	O	C	E	S	S	E	D	Y	P	E	E	L	E	D	F	A	E	G
H	C	F	K	T	P	C	Y	Y	T	Y	D	M	C	J	D	C	C	S	D
K	Q	R	T	R	N	Q	J	H	L	W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

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 4

MATCHING

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

1.		fish
2.		hot dog
3.		peanut butter
4.		beans
5.		eggs
6.		pork
7.		poultry
8.		crab
9.		nuts
10.		beef

TEACHER DIRECTIONS for EXERCISE 4

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

KEY

1. peanut butter
2. poultry
3. beef
4. pork
5. crab
6. hot dog
7. fish
8. eggs
9. beans
10. nuts

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 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. | whole wheat bread | A. | trunk of a plant |
| ___ | 2. | nutrition | B. | bread that has more fiber because it is made from whole grain wheat |
| ___ | 3. | weight | C. | liquids to drink |
| ___ | 4. | beverages | D. | plants or animals that humans eat |
| ___ | 5. | alcohol | E. | food preserved in a metal container |
| ___ | 6. | calcium | F. | dried grapes |
| ___ | 7. | cholesterol | G. | not much and not very often |
| ___ | 8. | food | H. | semi-solid dairy product made from cream |
| ___ | 9. | canned | I. | safe to eat |
| ___ | 10. | carbohydrates | J. | a natural fatty substance found in many foods that come from animal products; can contribute to blocked arteries and heart disease |
| ___ | 11. | cooked | K. | leafy green parts of vegetables such as spinach, turnip, or collards |
| ___ | 12. | edible | L. | power for the body |
| ___ | 13. | energy | M. | a solid, edible fat used for cooking and baking |
| ___ | 14. | greens | N. | study of food requirements for good health |
| ___ | 15. | lard | O. | food prepared by heating |

- | | | |
|---------|------------|--|
| ___ 16. | raisins | P. mineral obtained mostly from milk products; builds strong bones and teeth |
| ___ 17. | stem | Q. animal fat used for cooking |
| ___ 18. | shortening | R. size in pounds |
| ___ 19. | sour cream | S. compounds found in foods from plants; a source of energy for the body |
| ___ 20. | sparingly | T. beverage that causes intoxication or drunkenness |

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. N
3. R
4. C
5. T
6. P
7. J
8. D
9. E
10. S
11. O
12. I
13. L
14. K
15. Q
16. F
17. A
18. M
19. H
20. G

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.