

EXERCISE 1

DIRECTIONS: Circle the word or phrase the teacher says.

- | | | | |
|-----|------------|-------------|----------------|
| 1. | aerobic | appetizers | alcohol-free |
| 2. | baked | bacon | bones |
| 3. | breathing | breakfast | blood pressure |
| 4. | caffeine | cancer | Calories |
| 5. | carrots | croutons | Coffee |
| 6. | dehydrated | diabetic | Dieting |
| 7. | fads | fullness | Fries |
| 8. | heart | hunger | Habits |
| 9. | labels | lunch | low-fat |
| 10. | mass | measure | menu |
| 11. | nerves | nutritional | nuts |
| 12. | overeat | overweight | weight control |
| 13. | salad | sandwiches | snacking |
| 14. | stomach | stroke | sweat |
| 15. | variety | vegetables | water |

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 one is a tip for healthy eating that applies to everyone. 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. use to choose healthy foods MyPyramid

2. increase physical activity level on exercise and a daily basis

3. plan snacks on hand ahead to keep healthy

4. enjoy you eat the foods

5. and recipes experiment with different foods

6. choose with less and prepare foods salt

7. that become focus on behavior lifetime changes habits

8. drink of water lots

9. choose when eating out restaurants healthy choices that offer

10. go to when you fast food restaurants wisely choose

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. Use MyPyramid to choose healthy foods.
2. Increase exercise and physical activity level on a daily basis.
3. Plan ahead to keep healthy snacks on hand.
4. Enjoy the foods you eat.
5. Experiment with different foods and recipes.
6. Choose and prepare foods with less salt.
7. Focus on behavior changes that become lifetime habits.
8. Drink lots of water.
9. When eating out, choose restaurants that offer healthy choices.
10. When you go to fast food restaurants, choose wisely.

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