

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. Do not count hyphens as a space.

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

WORD LIST			
appetizer	body	drug-free	fries
recipe	coffee	breakfast	dressing
pizza	croutons	labels	alcohol-free
burger	lunch	menu	textures

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

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

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. 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. Do not count hyphens as a space.

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

LETTERS	CLUE
14	<u>B</u> ___ ___ ___ ___ <u>P</u> ___ ___ ___ ___ ___ ___
13	<u>H</u> ___ ___ ___ ___ <u>D</u> ___ ___ ___ ___ ___ ___
10	<u>D</u> ___ ___ ___ ___ ___ ___ ___ ___ ___
9	<u>B</u> ___ ___ ___ ___ ___ ___ ___ ___
8	<u>D</u> ___ ___ ___ ___ ___ ___ ___
7	<u>S</u> ___ ___ ___ ___ ___ ___
6	<u>J</u> ___ ___ ___ ___ ___
6	<u>C</u> ___ ___ ___ ___ ___
6	<u>M</u> ___ ___ ___ ___ ___
6	<u>S</u> ___ ___ ___ ___ ___
6	<u>N</u> ___ ___ ___ ___ ___
5	<u>B</u> ___ ___ ___ ___
5	<u>S</u> ___ ___ ___ ___
4	<u>S</u> ___ ___ ___
3	<u>E</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

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

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. Do not count a hyphen as a space.

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

LETTERS	CLUE
14	to manage or limit size in pounds
14	inherited features or characteristics
11	food requirements that provide good health
10	to weigh too much
8	units of energy for the body
8	feeling that you no longer need or want to eat
7	to eat too much
7	good physical condition; well-being
7	to determine exact amounts
7	exercise that speeds the heart rate and breathing
6	behaviors done regularly
6	feeling that you need or want to eat
4	practices that are enthusiastically followed for a short time before they go out of style
4	the size and weight of something

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











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

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.		fries
2.		heart
3.		muscles
4.		breathing
5.		burger
6.		coffee
7.		eye
8.		bones
9.		pizza
10.		pretzel

TEACHER DIRECTIONS for EXERCISE 4

KEY

1. bones
2. coffee
3. eye
4. muscles
5. fries
6. breathing
7. pizza
8. heart
9. burger
10. pretzel

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. weight control | A. the size and weight of something |
| ___ 2. aerobic | B. to manage or limit size in pounds |
| ___ 3. overeat | C. good physical condition; well-being |
| ___ 4. mass | D. to weigh too much |
| ___ 5. genetic traits | E. units of energy for the body |
| ___ 6. calories | F. to eat too much |
| ___ 7. hunger | G. to determine exact amounts |
| ___ 8. fullness | H. inherited features or characteristics |
| ___ 9. measure | I. feeling that you need to eat |
| ___ 10. nutritional | J. feeling that you no longer need or want to eat |
| ___ 11. healthy | K. food requirements that provide good health |
| ___ 12. overweight | L. exercise that speeds heart rate and breathing |
| ___ 13. habits | M. behaviors done regularly |
| ___ 14. fads | N. practices that are enthusiastically followed for a short time before they go out of style |

TEACHER DIRECTIONS for EXERCISE 5

KEY

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

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