

EXERCISE 1

WORD SEARCH

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

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

WORD LIST			
packaged	producers	preparing	directions
enriched	grocery	ingredient	inspected
restaurant	stored	sodium	consumers

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

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

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

LETTERS	CLUE
14	<u>E</u> _ _ _ _ _ _ _ _ _ _ <u>D</u> _ _ _ _
12	<u>D</u> _ _ _ _ _ _ _ _ <u>F</u> _ _ _ _
10	<u>T</u> _ _ _ _ _ _ _ _ _ _
9	<u>L</u> _ _ _ <u>N</u> _ _ _ _ _
9	<u>F</u> _ _ _ _ _ _ _ _ _
9	<u>M</u> _ _ _ _ _ _ _ _
8	<u>F</u> _ _ _ _ _ _ _
7	<u>P</u> _ _ _ _ _ _
6	<u>V</u> _ _ _ _ _
5	<u>C</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	I	E	T	A	R	Y	F	I	B	E	R	G	C	C	Q	X	C	X	K
F	C	H	L	K	W	Z	W	Y	S	V	B	N	X	M	N	V	O	G	X
R	K	Q	V	N	J	P	B	J	B	Z	X	K	M	C	K	T	U	E	J
E	Z	X	S	F	G	Q	C	F	W	W	Z	N	W	Y	K	Z	N	X	K
S	C	Q	B	W	B	M	L	O	T	N	U	M	B	E	R	P	T	P	H
H	P	W	H	B	N	W	C	M	Y	Q	X	W	V	W	G	D	Y	I	Y
N	D	N	B	C	G	M	N	T	M	B	V	R	G	C	Q	M	R	R	F
E	R	Q	Z	V	S	N	R	A	W	L	M	C	Y	T	T	L	G	A	C
S	G	T	Q	Z	H	W	K	B	W	X	I	S	D	R	M	Q	S	T	G
S	W	V	G	R	W	Y	X	L	T	T	L	R	B	Y	Y	P	K	I	P
Y	K	W	K	J	J	R	B	E	Q	G	L	T	H	J	F	S	V	O	H
D	W	Z	G	L	Z	P	K	S	S	C	I	Y	X	Q	X	S	O	N	H
F	X	G	W	N	X	B	F	P	Q	V	G	P	N	N	G	M	L	D	B
N	P	S	D	H	G	H	H	O	Q	D	R	J	E	H	K	S	U	A	B
F	M	C	M	Q	B	D	F	O	K	T	A	Q	J	R	W	W	M	T	J
F	R	A	C	T	I	O	N	N	X	T	M	S	V	Y	C	Z	E	E	X
M	Y	Q	G	B	S	V	X	W	S	M	Z	K	W	H	X	E	S	L	Q
L	K	C	B	M	J	C	Q	D	C	F	J	K	P	T	N	C	N	N	B
Z	W	P	W	Y	B	J	W	B	R	F	M	C	S	V	T	N	J	T	Z
S	D	P	H	Y	M	H	J	F	B	B	T	K	L	J	G	M	S	L	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 on the next page with the clue.

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

LETTERS	CLUE
5	Identifies contents of a can, jar, bottle or package
5	Number of items in a package or container
6	Size, amount or dimensions
7	Rate or part of 100
8	Part of a whole (e.g., one-half, one-third, one-fourth)
9	Metric units of weight; 1000 milligrams = 1 gram
9	Officially examined
9	Number on a label that tells when a food was packaged <i>(HINT: Two words. Spaces count as letters.)</i>
11	Parts or components in a mixture or product
14	Last usable date for a food <i>(HINT: Two words. Spaces count as letters.)</i>

TEACHER DIRECTIONS for EXERCISE 3

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

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

KEY

C	L	B	Y	L	P	J	F	F	N	F	S	K	P	Y	T	J	I	I	J
J	B	N	X	T	E	J	H	L	B	T	G	K	C	L	L	X	N	N	X
V	N	M	W	G	R	X	V	A	K	W	N	T	C	B	Q	L	S	G	K
M	J	V	V	J	C	Z	J	B	J	T	K	Z	N	O	M	O	P	R	Z
H	I	O	P	L	E	B	W	E	R	L	X	T	L	M	U	T	E	E	N
Z	J	L	B	J	N	T	E	L	F	R	A	C	T	I	O	N	C	D	L
W	H	U	L	Y	T	H	X	L	B	F	W	M	G	L	S	U	T	I	L
D	G	M	Q	I	Y	S	P	S	M	P	Q	D	V	W	F	M	E	E	T
T	R	E	L	V	G	F	I	P	S	K	P	W	Q	S	H	B	D	N	P
M	S	D	G	R	R	R	R	N	N	V	P	H	B	Q	X	E	F	T	M
J	V	D	Q	C	W	S	A	J	Q	Z	D	M	R	H	Q	R	D	S	X
S	T	N	S	L	M	K	T	M	L	P	Q	F	N	F	C	T	T	P	C
T	S	F	M	P	V	F	I	G	R	V	J	N	J	T	V	N	B	L	V
P	P	N	Y	V	X	L	O	B	Q	K	Q	B	R	B	T	P	V	L	Z
Q	S	H	H	Z	Z	V	N	Q	C	T	J	C	M	W	W	Z	D	W	N
B	K	H	D	J	W	X	D	K	T	Z	Z	V	P	Z	F	R	T	M	N
H	H	H	Y	F	Z	K	A	L	T	M	T	M	X	Q	Z	B	K	S	J
C	S	J	Z	J	K	X	T	H	Y	S	Q	S	B	W	B	S	S	H	P
Z	G	R	J	L	B	M	E	C	Q	J	K	W	J	V	Z	F	M	B	R
C	K	Z	V	S	R	Y	V	J	L	Y	K	H	C	G	Q	Z	C	S	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 4**TRUE-FALSE**

DIRECTIONS: Read the scenario if you have not already done so. Determine if you think the statement is true or false. Circle the word you choose.

1. Anna and Kay went to the library to learn about reading food labels.	TRUE	FALSE
2. Fresh fruits and vegetables do not have to have labels	TRUE	FALSE
3. Labels list ingredients when a food is expensive.	TRUE	FALSE
4. Ingredients in foods are placed in decreasing order of amount.	TRUE	FALSE
5. Packaged foods must have labels.	TRUE	FALSE
6. The fat content of lean meats is less than the fat content of extra lean meats.	TRUE	FALSE
7. Fruits and vegetables are graded and inspected.	TRUE	FALSE
8. The expiration date shows when a food was packaged.	TRUE	FALSE
9. The nutrition facts panel must show total calories and calories from carbohydrates.	TRUE	FALSE
10. The percent daily requirements are based on a 2000-calorie per day diet.	TRUE	FALSE
11. Serving sizes on foods labels are the same as serving sizes on MyPyramid.	TRUE	FALSE
12. Serving sizes on food labels must be in either metric or household units.	TRUE	FALSE
13. The nutrition facts panel on foods designed for children under the age of twelve does not show the carbohydrate content of foods.	TRUE	FALSE
14. Fat is important for growth and development of young children.	TRUE	FALSE
15. The government agency that oversees food safety is the Cooperative Extension Service Office.	TRUE	FALSE

TEACHER DIRECTIONS for EXERCISE 4

Good or confident readers can complete this exercise independently. For less able readers, read each sentence aloud as learners follow. If learners completed the exercise independently, ask for volunteers to read each sentence aloud. If the reader makes a mistake, reread the sentence using the correct pronunciation or wording. After each sentence is read, ask learners to identify if the sentence is true or false. Then, ask learners to find the location in the scenario that provides the answer.

KEY

1. Anna and Kay went to the library to learn about reading food labels. They went to the Cooperative Extension Service Office.	TRUE	FALSE
2. Fresh fruits and vegetables do not have to have labels	TRUE	FALSE
3. Labels list ingredients when a food is expensive. Labels list ingredients when the food has more than one ingredient	TRUE	FALSE
4. Ingredients in foods are placed in decreasing order of amount.	TRUE	FALSE
5. Packaged foods must have labels.	TRUE	FALSE
6. The fat content of lean meats is less than the fat content of extra lean meats. The fat content of extra lean meats is less than that of lean meats.	TRUE	FALSE
7. Fruits and vegetables are graded and inspected. Meats and eggs are graded and inspected.	TRUE	FALSE
8. The expiration date shows when a food was packaged. The lot number shows when a food was packaged.	TRUE	FALSE
9. The nutrition facts panel must show total calories and calories from carbohydrates. The nutrition facts panel must show total calories and calories from fats.	TRUE	FALSE
10. The percent daily requirements are based on a 2000-calorie per day diet.	TRUE	FALSE
11. Serving sizes on foods labels are the same as serving sizes on MyPyramid. Serving sizes on foods labels are different from serving sizes on MyPyramid.	TRUE	FALSE
12. Serving sizes on food labels must be in either metric or household units. Serving sizes on food labels must be in both metric and household units.	TRUE	FALSE
13. The nutrition facts panel on foods designed for children under the age of twelve does not show the carbohydrate content of foods. The nutrition facts panel on foods designed for children under the age of two does not show the fat content of foods.	TRUE	FALSE
14. Fat is important for growth and development of young children.	TRUE	FALSE
15. The government agency that oversees food safety is the Cooperative Extension Service Office. The government agency that oversees food safety is the Food and Drug Administration.	TRUE	FALSE

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. producers | A. last usable date for a food |
| ___ 2. nutrition facts | B. rate or part of 100 |
| ___ 3. count | C. part of a whole (e.g., one-half, one-fourth, one-third) |
| ___ 4. metric | D. a system of measurement based on the decimal system |
| ___ 5. consumers | E. parts or components in a mixture or product |
| ___ 6. volume | F. number of items in a package or container |
| ___ 7. percent | G. people that buy and use products or services |
| ___ 8. fraction | H. identifies contents of a can, jar, bottle, or package |
| ___ 9. label | I. cooking or fixing food for a meal or snack |
| ___ 10. preparing | J. amount or part of the total nutrition value for a single day |
| ___ 11. lot number | K. size, amount, or dimensions |
| ___ 12. %DV | L. people or companies that grow and/or package foods for consumers |
| ___ 13. ingredients | M. officially examined |
| ___ 14. milligram | N. panel on a package's back or side that shows a food's health value by serving size |
| ___ 15. inspected | O. number on label that shows when a food was packaged |
| ___ 16. expiration date | P. small metric unit of mass or weight; 1000 milligrams = 1 gram |

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

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