

**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.*

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

WORD LIST			
groceries	cereal	peels	seeds
bones	beans	canned	salt
grains	rice	meats	fruits

**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**

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

*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.*

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

LETTERS	CLUE
7	<u>C</u> ___    ___    ___    ___    ___    ___
6	<u>C</u> ___    ___    ___    ___    ___
6	<u>B</u> ___    ___    ___    ___    ___
5	<u>B</u> ___    ___    ___    ___
5	<u>R</u> ___    ___    ___    ___
5	<u>S</u> ___    ___    ___    ___
5	<u>F</u> ___    ___    ___    ___
5	<u>M</u> ___    ___    ___    ___
5	<u>O</u> ___    ___    ___    ___
5	<u>P</u> ___    ___    ___    ___
4	<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	L	Q	Z	N	B	G	Y	F	S	C	G	G	Z	K	M	M	V	Y	C
X	J	T	D	R	F	H	D	M	S	T	H	J	G	Y	P	J	R	C	W
N	W	Y	Z	V	G	M	B	G	P	N	V	Q	C	W	L	W	Y	N	F
V	Y	R	S	C	X	B	Y	L	C	B	T	X	H	Y	T	H	K	R	M
K	T	C	G	H	H	Q	P	Y	Y	Q	C	L	F	W	Y	S	F	V	G
F	P	Y	V	X	S	I	K	N	X	B	G	X	N	S	M	D	M	R	Y
Q	M	Q	L	Z	B	Q	C	Z	C	Z	D	F	C	U	J	Q	E	O	Y
P	J	N	C	K	Y	Q	J	K	S	G	K	T	M	G	X	W	A	A	Q
P	P	P	X	G	B	N	Q	M	E	Z	V	F	F	A	V	C	L	S	N
K	Q	K	Q	V	D	F	B	O	U	N	C	E	T	R	J	L	S	T	V
D	T	S	F	J	P	B	W	Y	B	K	D	C	P	M	I	Z	V	M	D
D	N	F	P	P	J	P	B	R	M	B	Z	F	F	T	N	E	W	J	L
S	Z	C	C	M	G	B	J	L	Q	W	L	N	W	F	R	Z	S	V	W
P	A	S	T	A	B	R	E	A	D	B	U	D	G	E	T	B	F	R	M
Z	E	B	C	B	J	K	G	S	P	N	Z	M	B	R	V	M	Q	Q	K
K	G	S	V	N	H	V	C	J	C	G	H	G	F	G	M	Z	C	F	X
G	G	L	S	W	F	Y	B	K	W	T	H	P	W	Q	C	D	R	L	X
N	S	G	C	H	E	E	S	E	M	Z	Z	R	P	X	B	B	W	Q	G
K	K	D	D	D	Z	H	C	L	S	C	P	L	V	Z	D	F	D	R	F
D	B	K	C	H	S	Y	C	J	X	R	Z	S	J	M	H	V	S	C	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*

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

LETTERS	CLUE
4	Items sold at a reduced price
6	manufacturer name for a product
6	a kind of printed product ad that can be used to reduce the price of a item
6	fit or ready to be eaten; not poisonous
6	foods that are eaten between meals
7	also called no-name brands
7	regularly used products such as flour or sugar
7	no longer edible; if eaten, can make you sick
9	food remaining from one meal that is served at another meal
9	treatment of food to change its form
10	spices and flavorings
11	quickly and easily available

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

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**EXERCISE 4****MULTIPLE CHOICE**

*DIRECTIONS: Write the letter of the word that fits the definition in the blank.*

- \_\_\_ 1. manufacturer options for the same kind of product  
A. brands                      B. snacks                      C. shelf life                      D. generic
- \_\_\_ 2. a serving  
A. coupon                      B. portions                      C. fresh                      D. expiration dates
- \_\_\_ 3. an easy way to track prices at stores  
A. snacks                      B. price book                      C. expiration dates                      D. brands
- \_\_\_ 4. price per pound, ounce, count, or other unit; found by dividing total price by units  
A. in season                      B. fresh                      C. unit price                      D. staples
- \_\_\_ 5. treatment of food to change its form  
A. generic                      B. processed                      C. fresh                      D. sale
- \_\_\_ 6. community agency that gives canned and other foods to low-income families at little or no cost  
A. leftovers                      B. generic                      C. shelf life                      D. food pantry
- \_\_\_ 7. items sold at a loss in order to draw customers to a store  
A. seasonings                      B. loss leader                      C. shelf life                      D. coupon
- \_\_\_ 8. quickly and easily available  
A. snacks                      B. convenience                      C. unit price                      D. edible

\_\_\_ 9. uncooked or unprocessed foods, raw

- A. loss leader                      B. seasonings                      C. fresh                      D. food  
pantry

\_\_\_ 10. no longer edible; if eaten, can make you sick

- A. packaged                      B. portions                      C. coupon                      D. spoiled

\_\_\_ 11. a unit of a product uniformly wrapped or sealed

- A. seasonings                      B. in season                      C. packaged                      D. fresh

\_\_\_ 12. a method of storing food in solid form in a freezer

- A. freezing                      B. food pantry                      C. instant                      D. snacks

\_\_\_ 13. last usable date for a food

- A. expiration date                      B. in season                      C. food pantry                      D. edible

\_\_\_ 14. length of time a food can be stored and remain good for use

- A. unit price                      B. fresh                      C. shelf life                      D. convenience

\_\_\_ 15. regularly used products such as flour or sugar

- A. shelf life                      B. staples                      C. unit price                      D. price book

\_\_\_ 16. food remaining from one meal that is served at another meal

- A. expiration dates                      B. leftovers                      C. unit price                      D. staples

**TEACHER DIRECTIONS for EXERCISE 4**

Average and advanced readers can complete the activity independently. Less able readers may work in groups or a volunteer can read the definitions and options.

**KEY**

1. A
2. B
3. B
4. C
5. B
6. D
7. B
8. B
9. C
10. D
11. C
12. A
13. A
14. C
15. B
16. B

*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. brands      | A. an easy way to track prices at stores                       |
| ___ 2. processed   | B. no longer edible; if eaten, can make you sick               |
| ___ 3. price book  | C. also called no-name brands                                  |
| ___ 4. instant     | D. treatment of food to change its form                        |
| ___ 5. spoiled     | E. a unit of a product uniformly wrapped or sealed             |
| ___ 6. seasonings  | F. spices and flavorings                                       |
| ___ 7. in season   | G. Items sold at a reduced price                               |
| ___ 8. portions    | H. foods that are eaten between meals                          |
| ___ 9. snacks      | I. food remaining from one meal that is served at another meal |
| ___ 10. fresh      | J. a serving                                                   |
| ___ 11. sale       | K. ready immediately                                           |
| ___ 12. shelf life | L. manufacturer options for the same kind of product           |
| ___ 13. leftovers  | M. uncooked or unprocessed foods, raw                          |
| ___ 14. packaged   | N. time of year when a product normally is grown and harvested |
| ___ 15. generic    | O. length of time a food can be stored and remain good for use |

**TEACHER DIRECTIONS for EXERCISE 5**

**KEY**

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

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