

**EXERCISE 1**

*DIRECTIONS: Circle the word or phrase the teacher says.*

- |     |                  |                   |             |
|-----|------------------|-------------------|-------------|
| 1.  | bananas          | berries           | bread       |
| 2.  | cookies          | crackers          | celery      |
| 3.  | milk             | minerals          | meals       |
| 4.  | nutrients        | nutrition         | nutritious  |
| 5.  | health           | healthful         | healthy     |
| 6.  | popcorn          | portions          | preparing   |
| 7.  | recipes          | raisins           | restaurants |
| 8.  | squash           | sodium            | stomachs    |
| 9.  | vegetables       | yogurt            | vitamins    |
| 10. | sweets           | sugar             | salt        |
| 11. | fast food        | food group        | fats        |
| 12. | salad            | salt              | sandwich    |
| 13. | concession stand | carbohydrates     | carrots     |
| 14. | fresh            | fruits            | frozen      |
| 15. | peanut butter    | physically active | packaged    |
| 16. | in season        | ice cream         | ingredients |
| 17. | nuts             | nutrition         | minerals    |
| 18. | popcorn          | portions          | pops        |
| 19. | dinner           | dietary fiber     | dessert     |
| 20. | obesity          | oils              | overeating  |

**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. 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. are good children healthful snacks for

---

2. too hungry well-planned snacks children from keep getting between meals

---

3. food guide use MyPyramid when snacks planning

---

4. children they help are likely to eat more snacks choose

---

5. a snack contains check the see which nutrition panel facts to nutrients

---

6. children prepare healthy can help snacks

---

7. wash children should their hands food or before handling equipment

---

8. snacks should texture as well vary in as taste

---

9. times snacks should offered at regular be

---

10. offer food don't as behavior a reward for good

---

**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. Healthful snacks are good for children.
2. Well-planned snacks keep children from getting too hungry between meals.
3. Use MyPyramid when planning snacks.
4. Children are more likely to eat snacks they help choose.
5. Check the nutrition facts panel to see which nutrients a snack contains.
6. Children can help prepare healthy snacks.
7. Children should wash their hands before handling food or equipment.
8. Snacks should vary in texture as well as taste.
9. Snacks should be offered at regular times.
10. Don't offer food as a reward for good behavior.

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.