

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.

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

WORD LIST			
APPLES	BANANAS	CUCUMBER	BERRIES
MILK	JUICE	SALAD	WATER
COOKIES	BREAD	CELERY	CARROTS
GRAPES	NUTS	VEGETABLES	SUGAR

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

D	G	Z	Z	S	C	R	C	S	N	M	T	D	G	Y	J	X	F	A	Y
M	L	B	Q	U	S	Z	N	R	J	N	H	T	F	G	W	B	Q	P	C
M	T	C	Z	G	P	Y	U	C	V	Z	N	B	F	K	H	A	C	P	V
Z	X	L	B	A	P	G	T	Y	Z	J	X	N	S	G	F	M	T	L	F
S	C	A	R	R	O	T	S	V	E	G	E	T	A	B	L	E	S	E	Y
B	M	Y	Z	J	E	T	H	P	Y	R	J	J	C	A	N	V	A	S	R
P	I	C	T	U	K	A	S	W	Y	A	H	N	E	N	J	C	L	T	S
B	L	T	U	I	M	G	D	Y	X	P	W	W	L	A	C	D	A	V	Q
M	K	T	C	C	B	E	R	R	I	E	S	J	E	N	Q	Y	D	K	R
R	C	L	O	E	U	R	T	M	C	S	K	W	R	A	Q	Y	S	C	R
R	H	L	O	H	R	M	K	J	S	G	L	J	Y	S	L	W	B	X	S
M	N	X	K	S	G	J	B	S	Q	L	W	P	L	K	X	P	D	Y	M
F	D	X	I	H	Q	V	Z	E	Z	D	G	K	P	H	Y	V	D	R	H
D	P	H	E	B	X	M	H	C	R	V	Q	L	N	Q	H	W	C	X	W
B	N	Y	S	H	S	K	V	C	L	X	T	N	C	J	C	H	Z	R	B
N	D	V	B	L	J	L	W	C	Z	Y	S	F	T	D	H	P	F	G	X
C	L	F	V	W	M	P	X	D	F	P	D	T	X	R	L	C	G	G	C
G	F	Y	L	B	W	Y	V	Q	L	C	X	H	S	F	T	F	G	H	M
S	B	Z	F	N	W	R	R	T	M	V	W	B	Z	T	D	C	D	Q	F
T	T	D	P	P	Z	Z	M	Q	T	Y	N	C	N	J	W	N	X	P	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 in the maze. Words are placed forward, diagonally, up and down. Words listed below are included in the maze. 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 below as clues.

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

LETTERS	CLUE
11	<u>R</u> _ _ _ _ _ _ _ _ _ _
8	<u>T</u> _ _ _ _ _ _ _
8	<u>S</u> _ _ _ _ _ _ _
8	<u>V</u> _ _ _ _ _ _ _
8	<u>S</u> _ _ _ _ _ _ _
7	<u>R</u> _ _ _ _ _ _
7	<u>R</u> _ _ _ _ _ _
7	<u>P</u> _ _ _ _ _ _
6	<u>S</u> _ _ _ _ _
6	<u>S</u> _ _ _ _ _
5	<u>F</u> _ _ _ _
5	<u>L</u> _ _ _ _
4	<u>N</u> _ _ _
4	<u>P</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

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

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.

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

LETTERS	CLUE
5	to measure size in pounds
6	mineral in salt that contributes to water retention and high blood pressure
6	stored as a solid or ice in a freezer
6	power for the body
6	behaviors done regularly
7	dried grapes
7	variation in the feeling of foods such as smooth, rough, crisp, soft, and so on
7	excessively overweight
8	a product uniformly wrapped or sealed as one unit
9	cooking or fixing food for a meal or snack
10	eating too much
13	compounds found in foods from plants; a source of energy for the body

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

H	N	Z	B	X	K	R	H	R	P	M	W	Y	Y	K	Y	L	L	X	Z
Q	Q	H	Z	G	Y	H	N	K	C	J	V	Z	Z	W	L	H	F	X	N
K	J	S	Y	T	D	R	J	L	W	G	H	S	D	Z	F	M	H	Z	C
M	N	W	S	N	C	H	X	T	Z	J	R	Q	M	B	N	X	F	S	K
G	D	P	W	Z	S	B	C	R	B	Q	W	F	F	P	Q	T	L	F	H
X	D	G	M	D	L	X	Y	H	L	D	J	J	C	W	Q	F	P	W	L
Q	B	C	O	B	X	T	J	R	Q	K	T	S	A	K	Y	V	X	P	C
D	L	H	Z	V	M	J	Q	G	M	M	W	K	R	Y	H	N	K	Z	G
N	T	K	Z	Z	E	G	Y	K	X	X	B	V	B	G	H	F	T	X	M
D	G	W	N	Q	S	R	J	Z	F	R	Y	C	O	V	W	Z	S	Y	F
C	S	G	C	Y	F	P	E	H	Q	A	S	Q	H	K	Y	R	X	Q	K
T	P	O	K	X	S	B	G	A	Z	I	Y	P	Y	W	L	D	H	Z	T
K	R	P	D	X	D	Z	V	B	T	S	R	M	D	Y	Q	L	B	V	W
G	E	A	S	I	W	S	W	I	C	I	V	L	R	N	H	F	K	Y	P
K	P	C	R	N	U	W	M	T	K	N	N	Z	A	Y	G	F	G	F	B
S	A	K	F	T	Z	M	T	S	G	S	H	G	T	E	X	T	U	R	E
Z	R	A	G	P	J	D	V	G	X	Q	G	F	E	Y	V	J	F	O	L
Z	I	G	B	N	J	Y	Z	D	V	X	J	N	S	Z	N	K	Y	Z	P
E	N	E	R	G	Y	O	B	E	S	I	T	Y	W	E	I	G	H	E	L
C	G	D	N	M	D	J	V	C	G	M	G	D	M	N	Y	K	W	N	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 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. Ms. Lara says that children should not eat snacks between meals.	TRUE	FALSE
2. Physically active children need less energy for growth.	TRUE	FALSE
3. The most important aspect of a snack is the calories it contains.	TRUE	FALSE
4. MyPyramid should be used in planning snacks.	TRUE	FALSE
5. Children should have complete freedom in choosing their own snacks.	TRUE	FALSE
6. Children under the age of three should not be given foods that they might choke on.	TRUE	FALSE
7. Adults should stay in the kitchen with children when they are preparing food.	TRUE	FALSE
8. Foods advertised as snack items are generally good sources of nutrition.	TRUE	FALSE
9. Children should be allowed to nibble throughout the day.	TRUE	FALSE
10. Snacks at fast-food restaurants or concessions stands are cheaper and healthier than those you bring from home.	TRUE	FALSE
11. Snacks can be used to introduce new foods.	TRUE	FALSE
12. Adults should set good examples for eating snacks.	TRUE	FALSE
13. Food is a good reward for good behavior.	TRUE	FALSE
14. Hungry children may find it easier to concentrate	TRUE	FALSE
15. A child's stomach is not as large as an adult's stomach.	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.	Ms. Lara says that children should not eat snacks between meals.	TRUE	FALSE
2.	Physically active children need less energy for growth.	TRUE	FALSE
3.	The most important aspect of a snack is the calories it contains.	TRUE	FALSE
4.	My Pyramid should be used in planning snacks.	TRUE	FALSE
5.	Children should have complete freedom in choosing their own snacks.	TRUE	FALSE
6.	Children under the age of three should not be given foods that they might choke on.	TRUE	FALSE
7.	Adults should stay in the kitchen with children when they are preparing food.	TRUE	FALSE
8.	Foods advertised as snack items are generally good sources of nutrition.	TRUE	FALSE
9.	Children should be allowed to nibble throughout the day.	TRUE	FALSE
10.	Snacks at fast-food restaurants or concessions stands are cheaper and healthier than those you bring from home.	TRUE	FALSE
11.	Snacks can be used to introduce new foods.	TRUE	FALSE
12.	Adults should set good examples for eating snacks.	TRUE	FALSE
13.	Food is a good reward for good behavior.	TRUE	FALSE
14.	Hungry children may find it easier to concentrate	TRUE	FALSE
15.	A child's stomach is not as large as an adult's stomach.	TRUE	FALSE

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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. obesity | A. power for the body |
| ___ 2. texture | B. parts or components in a mixture or product |
| ___ 3. dietary fiber | C. compounds found in foods from plants;
a source of energy for the body |
| ___ 4. carbohydrates | D. foods that are eaten between meals |
| ___ 5. weigh | E. to measure size in pounds |
| ___ 6. energy | F. being excessively overweight |
| ___ 7. raisins | G. stored as a solid or ice in a freezer |
| ___ 8. overeating | H. dried grapes |
| ___ 9. snacks | I. eating too much |
| ___ 10. in season | J. behaviors done regularly |
| ___ 11. frozen | K. time of year when a product normally is grown
and harvested |
| ___ 12. ingredients | L. mineral in salt that contributes to water retention
and high blood pressure |
| ___ 13. preparing | M. cooking or fixing food for a meal or snack |
| ___ 14. habits | N. parts of whole grains, fruits, vegetables, beans,
nuts and seeds that the body cannot digest |
| ___ 15. sodium | O. variation in the feeling of foods such as smooth,
rough, crisp, soft, and so on |

TEACHER DIRECTIONS for EXERCISE 5

KEY

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

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