

**EXERCISE 1**

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

- |     |                       |                       |                     |
|-----|-----------------------|-----------------------|---------------------|
| 1.  | <b>baby</b>           | <b>Anna</b>           | <b>Bill</b>         |
| 2.  | <b>breast milk</b>    | <b>formula</b>        | <b>cow's milk</b>   |
| 3.  | <b>grain</b>          | <b>rice</b>           | <b>cereal</b>       |
| 4.  | <b>vegetables</b>     | <b>fruits</b>         | <b>grain</b>        |
| 5.  | <b>peas</b>           | <b>pears</b>          | <b>peaches</b>      |
| 6.  | <b>squash</b>         | <b>sweet potatoes</b> | <b>applesauce</b>   |
| 7.  | <b>strained</b>       | <b>pureed</b>         | <b>cooked</b>       |
| 8.  | <b>sugar</b>          | <b>salt</b>           | <b>fat</b>          |
| 9.  | <b>meat</b>           | <b>bread</b>          | <b>cheese</b>       |
| 10. | <b>white</b>          | <b>yolk</b>           | <b>eggs</b>         |
| 11. | <b>allergic</b>       | <b>choke</b>          | <b>chocolate</b>    |
| 12. | <b>cocoa</b>          | <b>oysters</b>        | <b>crawfish</b>     |
| 13. | <b>peanuts</b>        | <b>tomatoes</b>       | <b>pineapples</b>   |
| 14. | <b>grapes</b>         | <b>raisins</b>        | <b>grapefruit</b>   |
| 15. | <b>microwave oven</b> | <b>chewing gum</b>    | <b>marshmallows</b> |
| 16. | <b>corn</b>           | <b>rice</b>           | <b>popcorn</b>      |
| 17. | <b>beets</b>          | <b>carrots</b>        | <b>spinach</b>      |
| 18. | <b>cakes</b>          | <b>cookies</b>        | <b>candies</b>      |
| 19. | <b>proteins</b>       | <b>carbohydrates</b>  | <b>MyPyramid</b>    |
| 20. | <b>honey</b>          | <b>hot dogs</b>       | <b>dairy</b>        |

**TEACHER DIRECTIONS for EXERCISE 1**

Say the following aloud, "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 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. a baby breast milk or formula should get only

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2. solid foods slowly must be introduced

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3. rice infant cereal is to give the baby the first solid

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4. fruits and vegetables yellow to digest are easiest

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5. the baby cannot have honey

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6. putting to bed tooth decay with a bottle can cause a baby

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7. choke a some can foods baby

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8. fats, salt, and sugar foods with are not babies good for

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9. should be finger foods easy to grasp

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10. are allergic to some babies foods

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**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. A baby should get only breast milk or formula.
2. Solid foods must be introduced slowly.
3. Infant rice cereal is the first solid to give the baby.
4. Yellow fruits and vegetables are easiest to digest.
5. The baby cannot have honey.
6. Putting a baby to bed with a bottle can cause tooth decay.
7. Some foods can choke a baby.
8. Foods with fats, salt, and sugar are not good for babies.
9. Finger foods should be easy to grasp.
10. Babies are allergic to some foods.

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