

Theme: Healthy Foods Activity

Curriculum Area: Health(1.2.N)

<u>Activity:</u> In this activity, students will complete a wordsearch that has various healthy foods to look for. During this activity, students will be able to identify the healthy foods they are discovering. They will use a pencil, highlighter or pen to cross off or circle all the healthy foods they discover.

Age of Children: Kindergarten

Materials Needed:

- Printer to print worksheet out
- Pencil, pen or highlighter

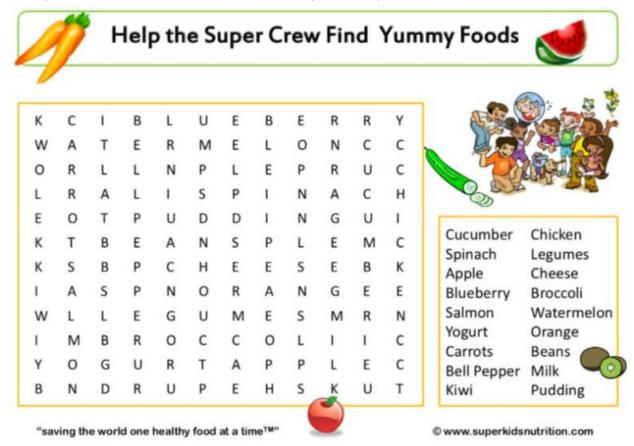
<u>Developmental Objectives/Domains:</u> By participating in this activity, children will:

- 1. Develop skills in looking for words that correlate with what they are learning.
- 2. Understand the variety of food that is considered healthy.
- 3. Enhance their knowledge on the different food groups such as fruits, vegetables etc. that are healthy.

Procedure:

- 1. Print out worksheet below
- 2. Look at the healthy foods that are listed below
- 3. Begin to skim through the word search to find each word one by one

- 4. If you can't find a work skip it and come back to eat once you've found the rest
- 5. Use highlighter or other writing utensil to circle words once you've found them in the word search
- 6. Once you circle the word, cross it off the list so you know you are finished.



References: https://www.superkidsnutrition.com/downloads/food-group-fun-word-search/

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