



Theme: Healthy Foods Activity

Curriculum Area: Health(1.2.N)

Activity: 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


Developmental Objectives/Domains: 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 word 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.



Help the Super Crew Find Yummy Foods



K	C	I	B	L	U	E	B	E	R	R	Y
W	A	T	E	R	M	E	L	O	N	C	C
O	R	L	L	N	P	L	E	P	R	U	C
L	R	A	L	I	S	P	I	N	A	C	H
E	O	T	P	U	D	D	I	N	G	U	I
K	T	B	E	A	N	S	P	L	E	M	C
K	S	B	P	C	H	E	E	S	E	B	K
I	A	S	P	N	O	R	A	N	G	E	E
W	L	L	E	G	U	M	E	S	M	R	N
I	M	B	R	O	C	C	O	L	I	I	C
Y	O	G	U	R	T	A	P	P	L	E	C
B	N	D	R	U	P	E	H	S	K	U	T



Cucumber	Chicken
Spinach	Legumes
Apple	Cheese
Blueberry	Broccoli
Salmon	Watermelon
Yogurt	Orange
Carrots	Beans
Bell Pepper	Milk
Kiwi	Pudding

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