

Adult Activity Sheets



Quick Tip:

Consider serving the foods participants see in these activities.

What does this packet include?



COLORING SHEETS

Pages showcase fresh fruit, animals, insects and birds.



WORD SEARCHES

The searches each have a different topic of interest but they all revolve around the kitchen and the farm.



CODE BREAKER PUZZLES

The coded puzzles are unique depending on which one you choose.



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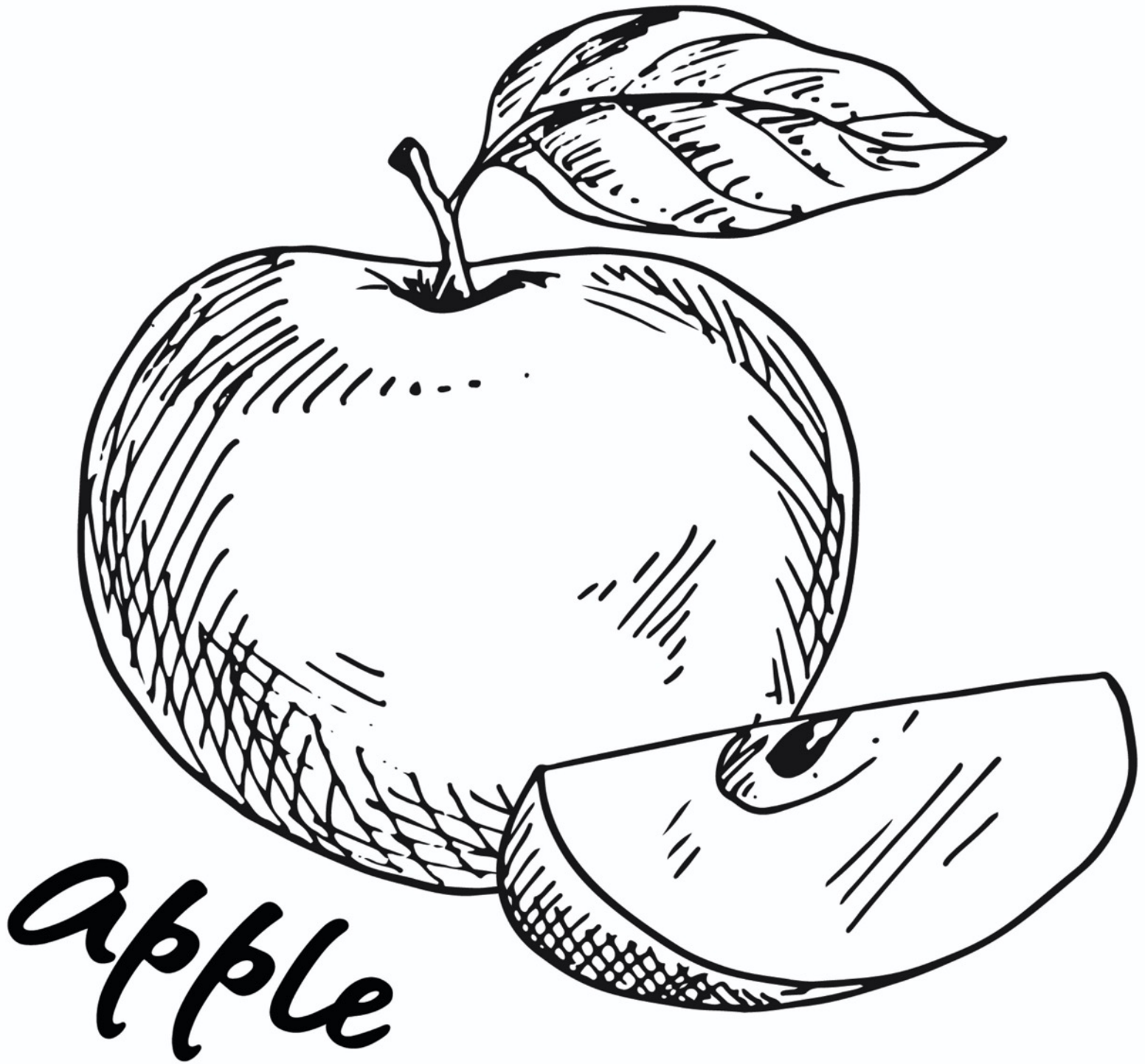


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Avocado



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Fig



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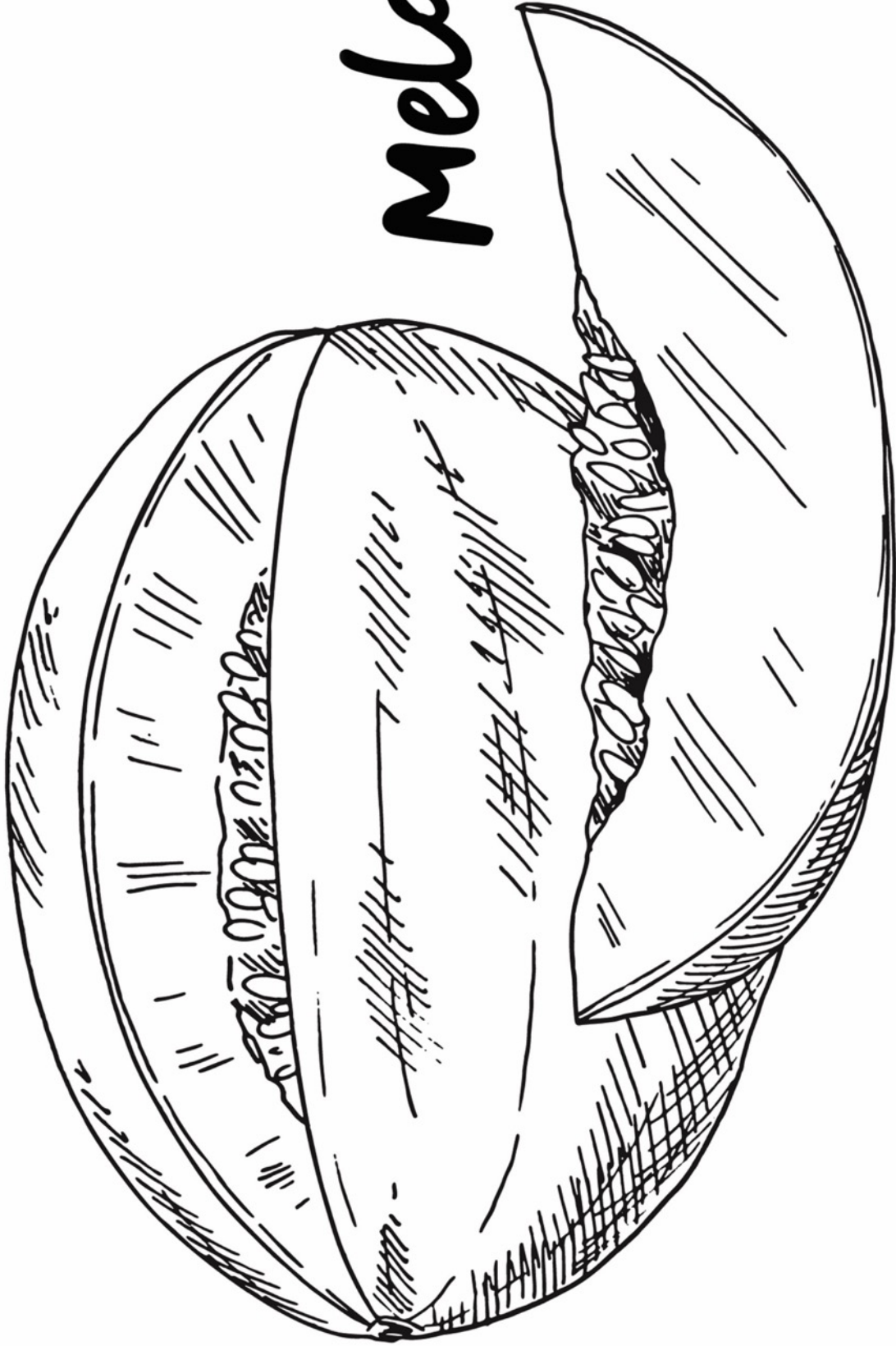


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Melon



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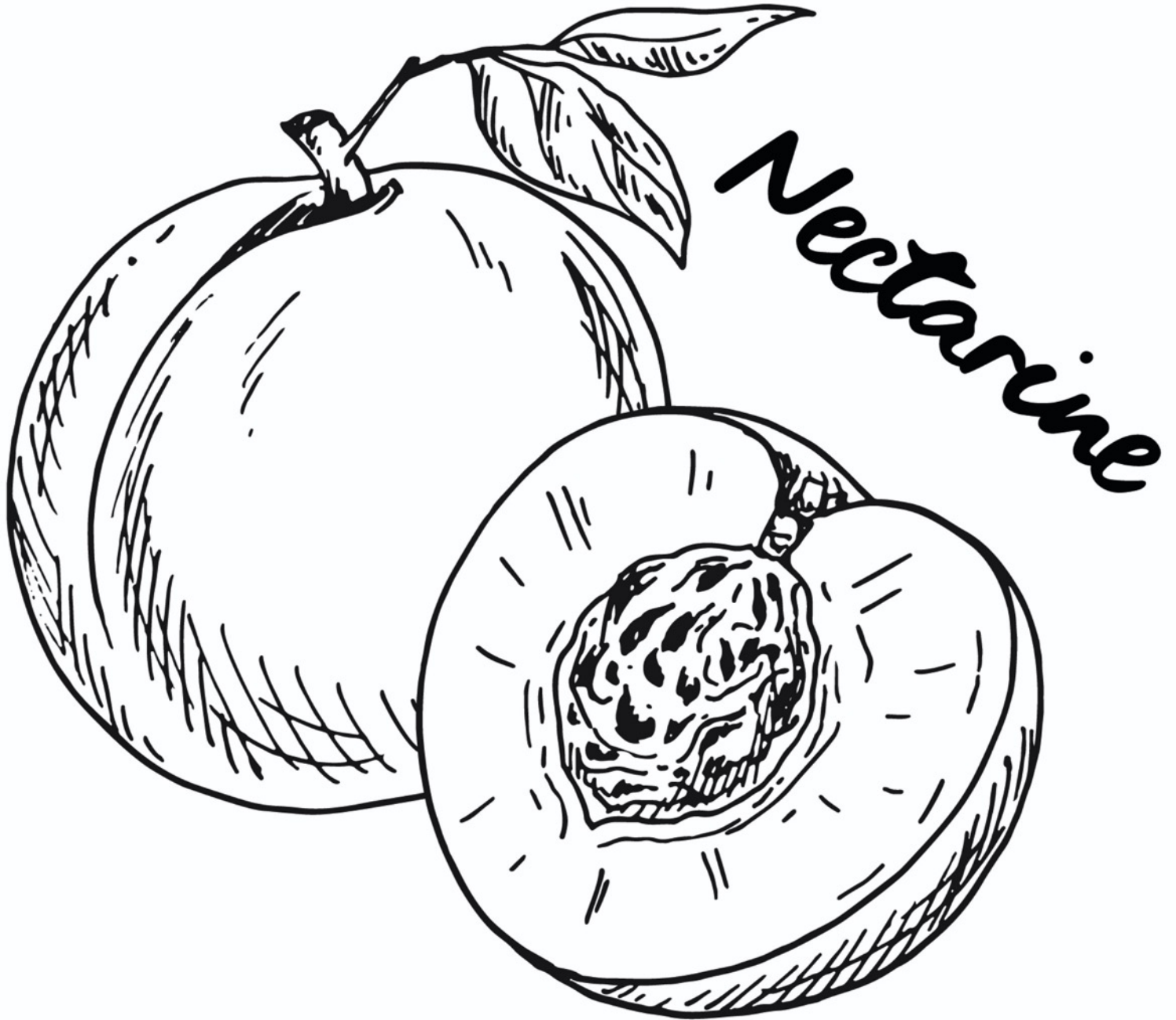


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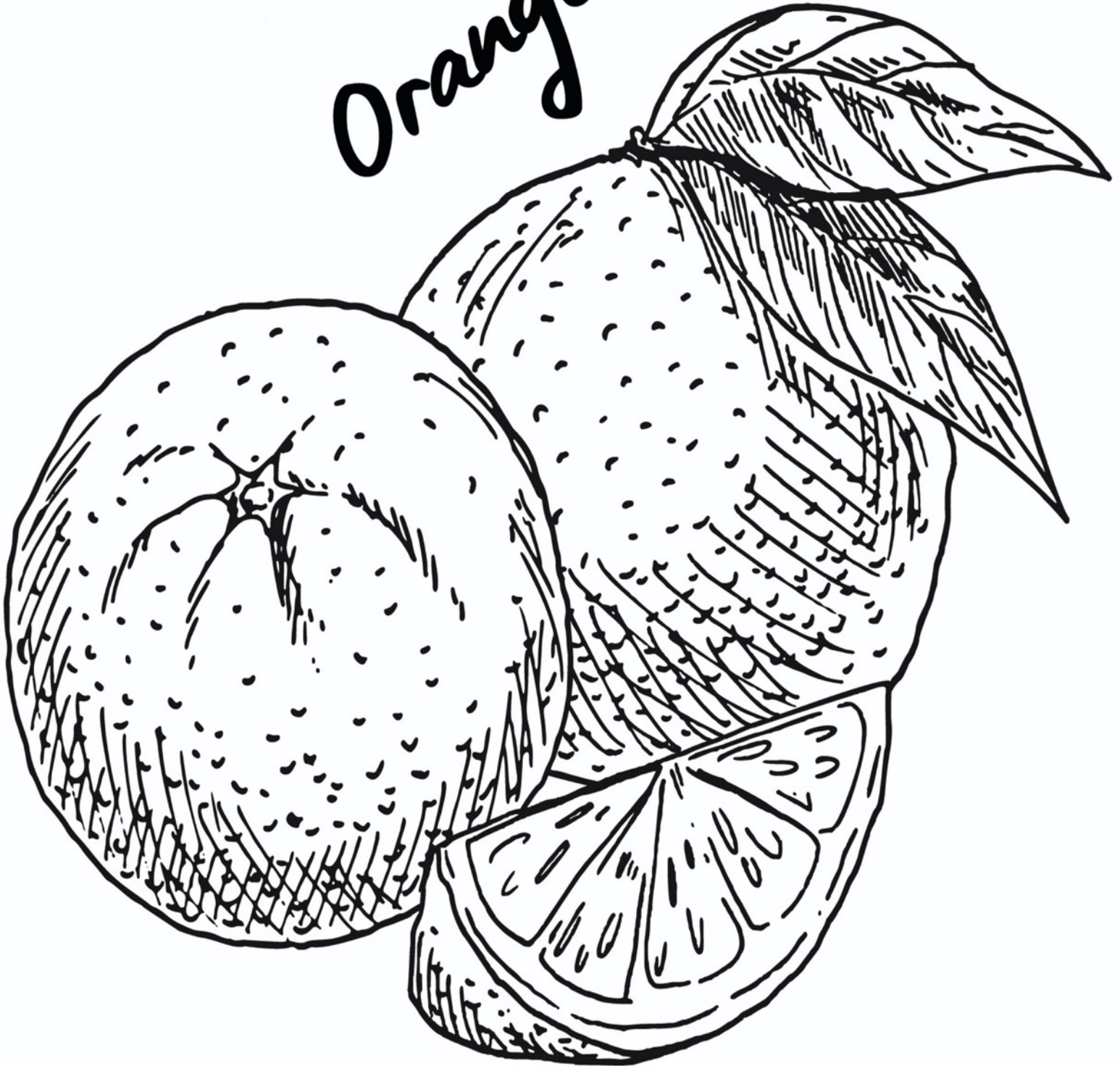
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Orange



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Peach



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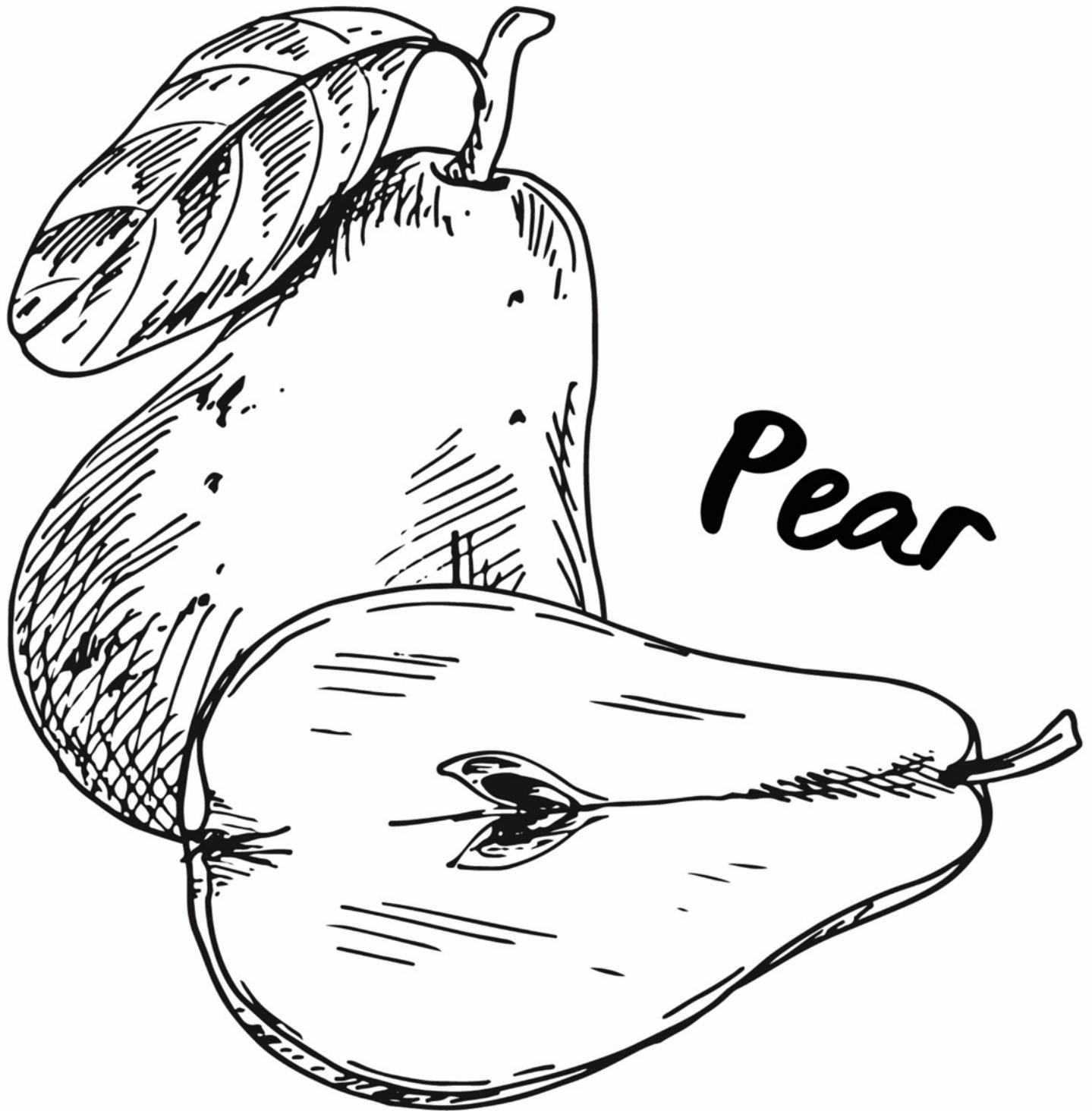
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Pear



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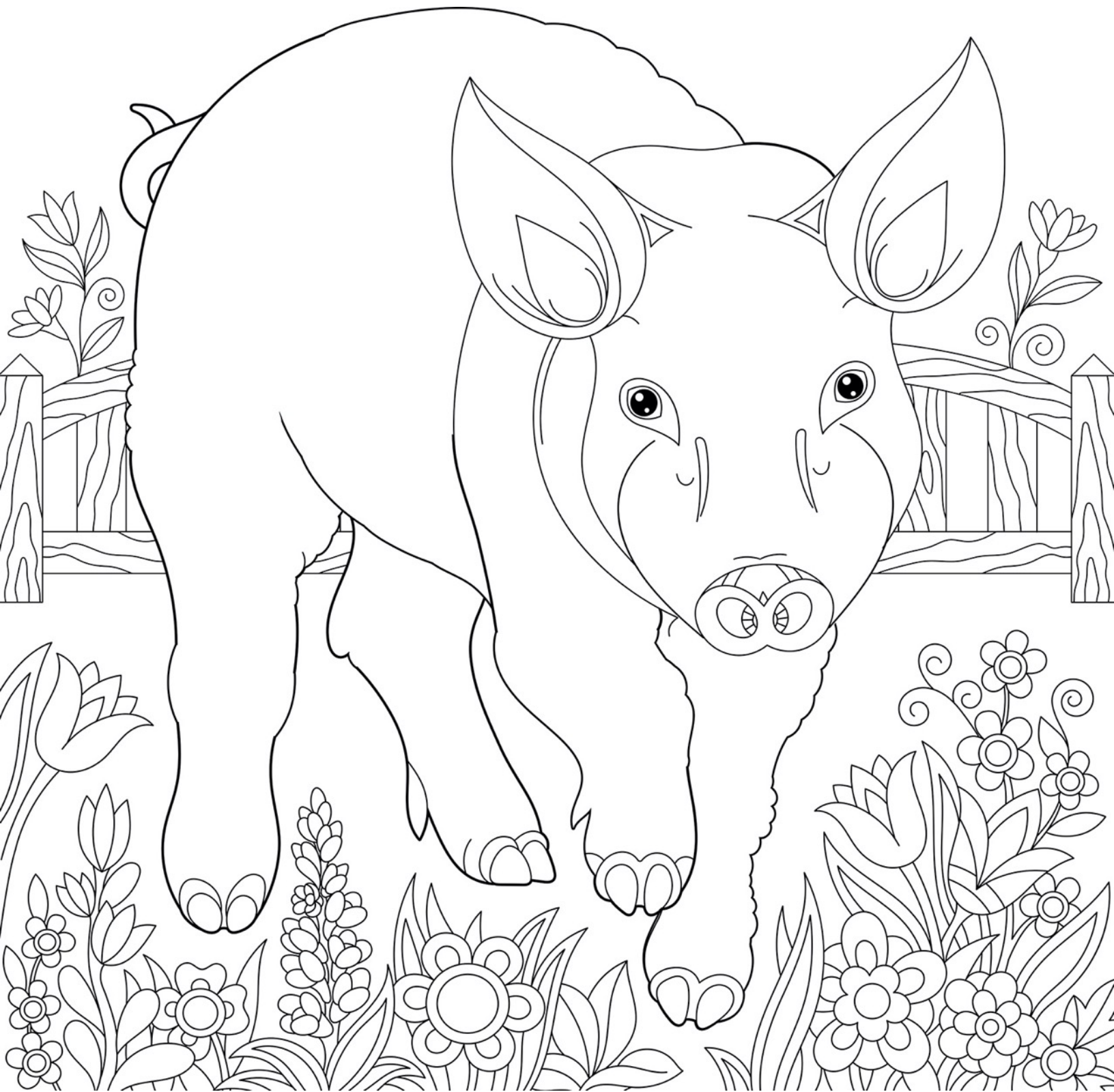


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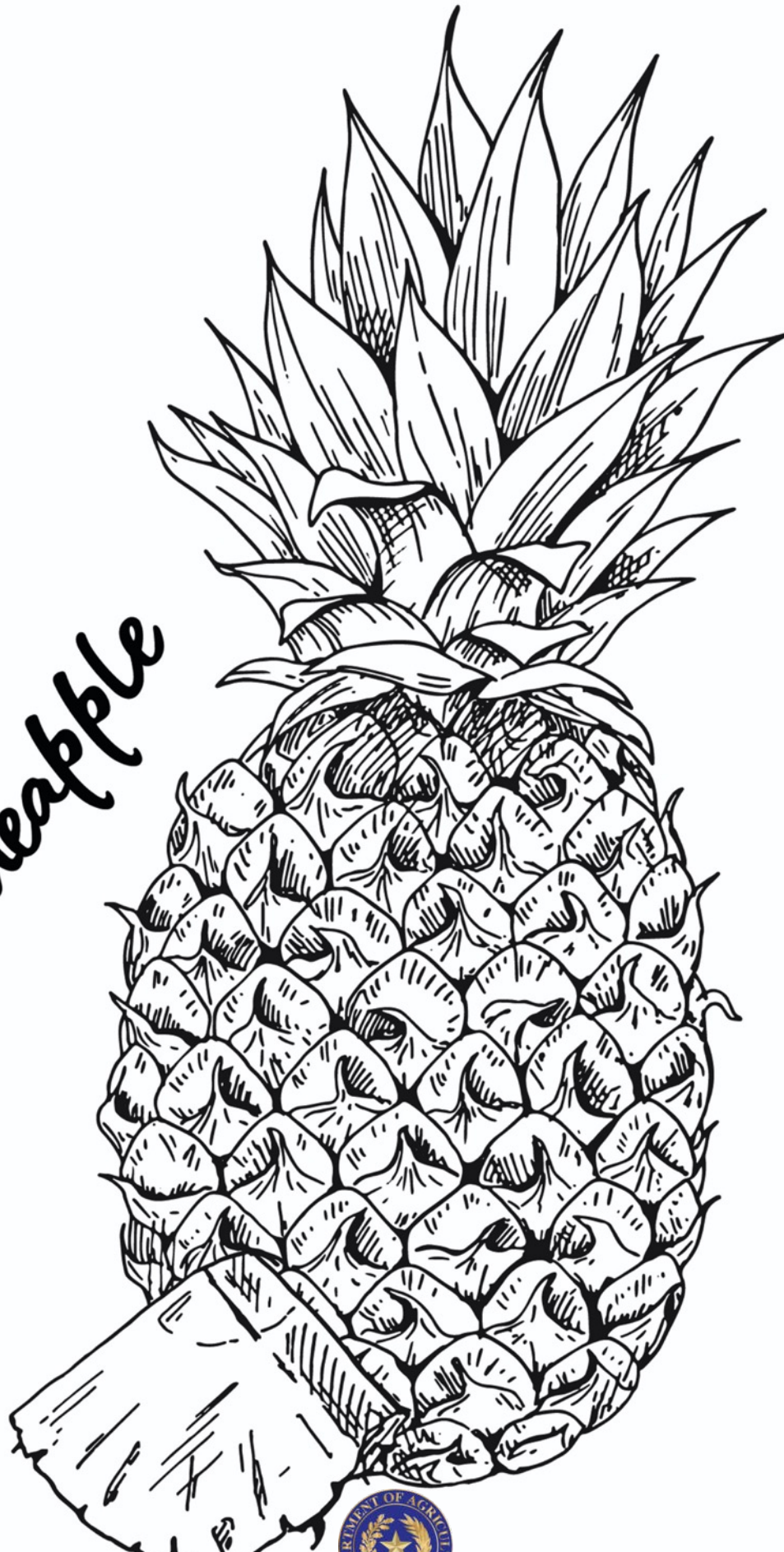
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Pineapple



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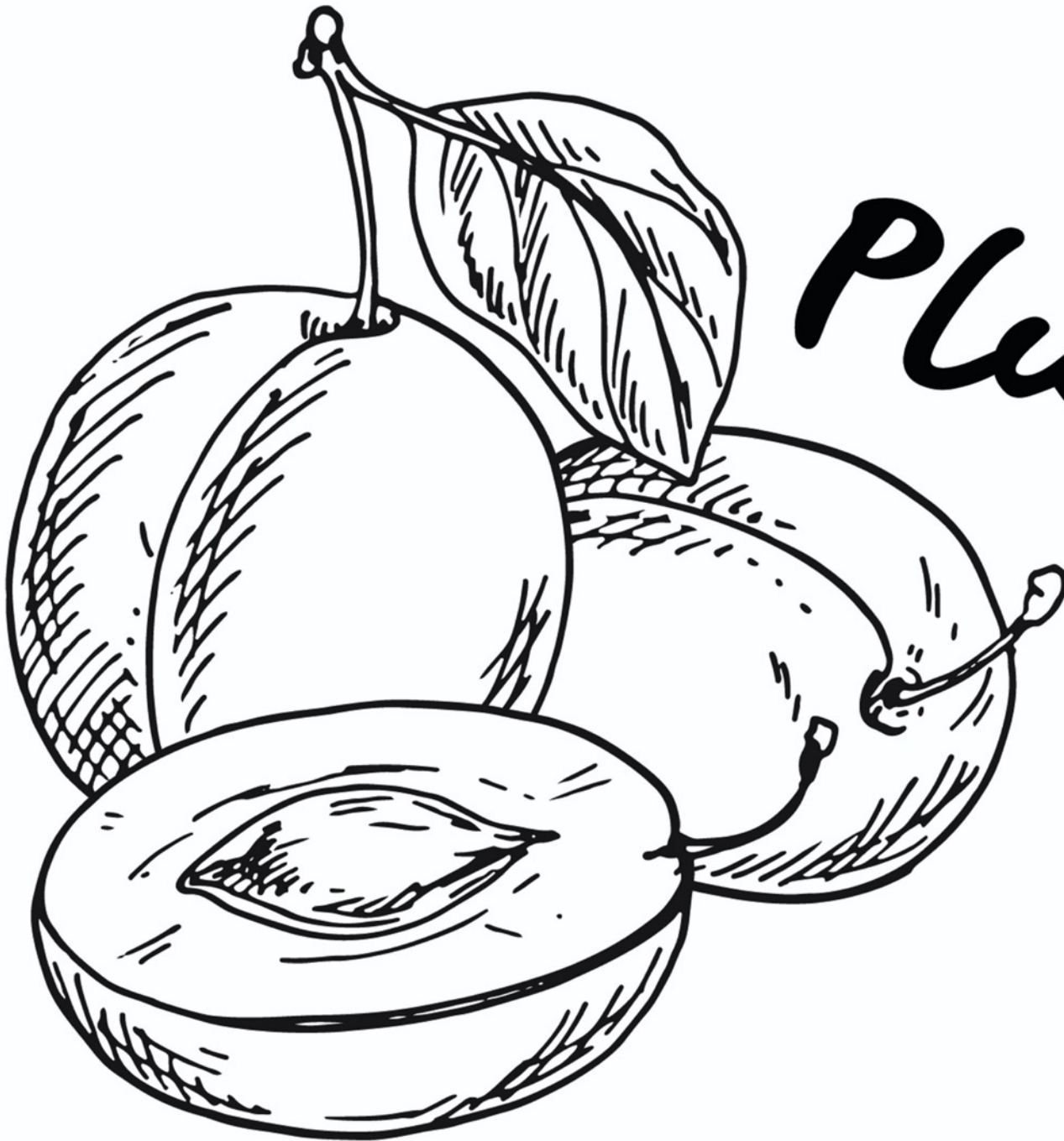
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Plum



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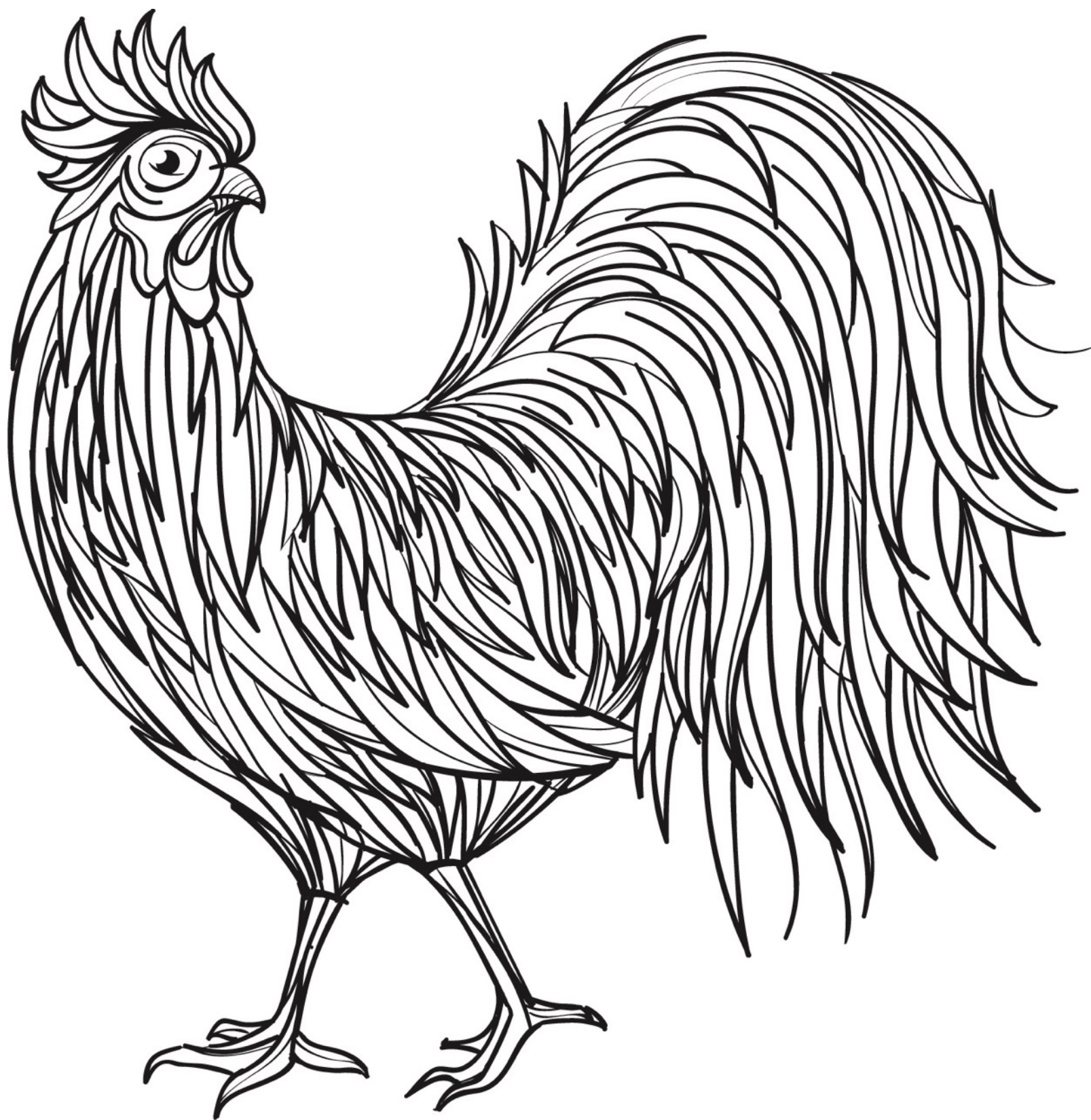


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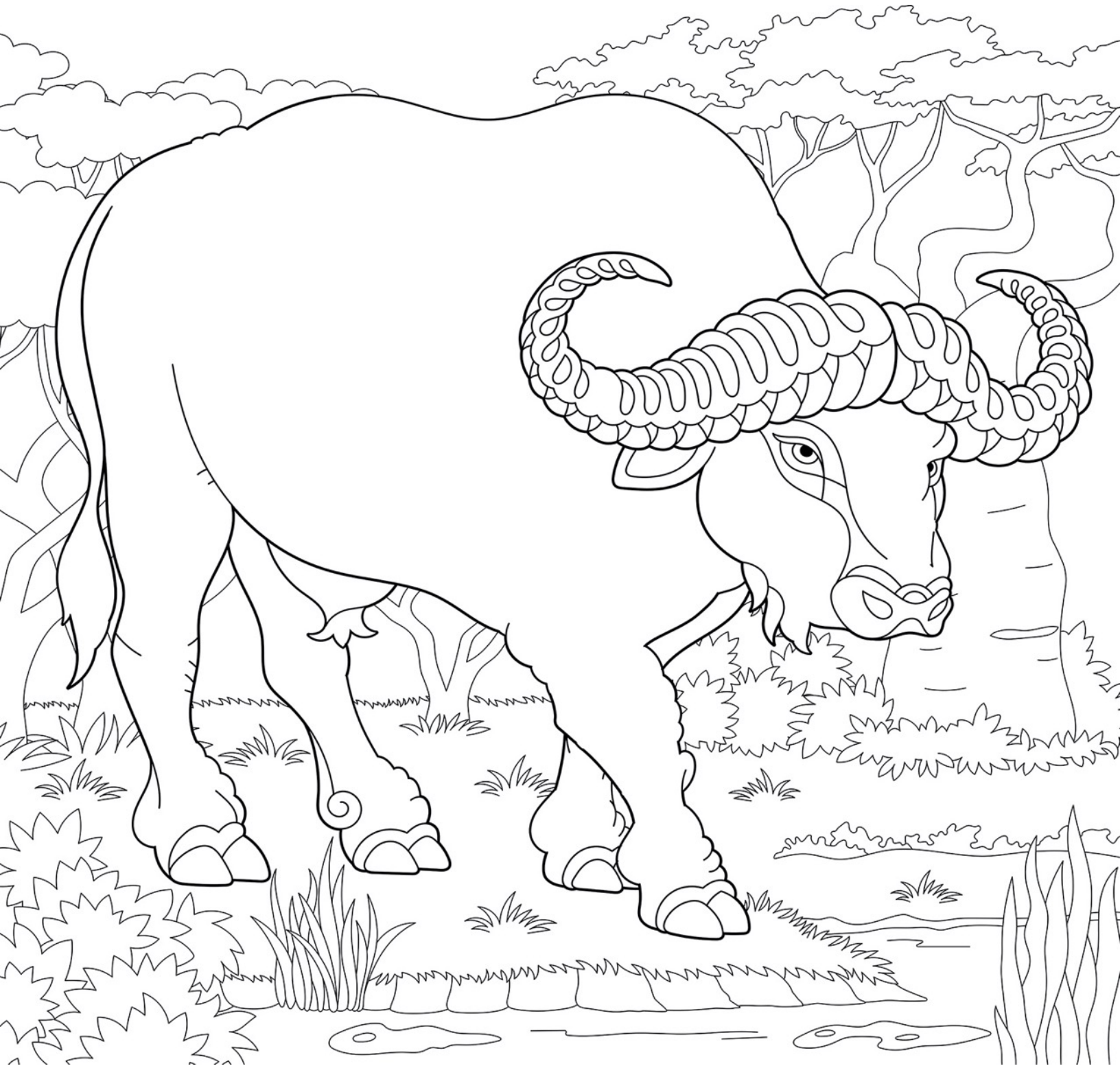


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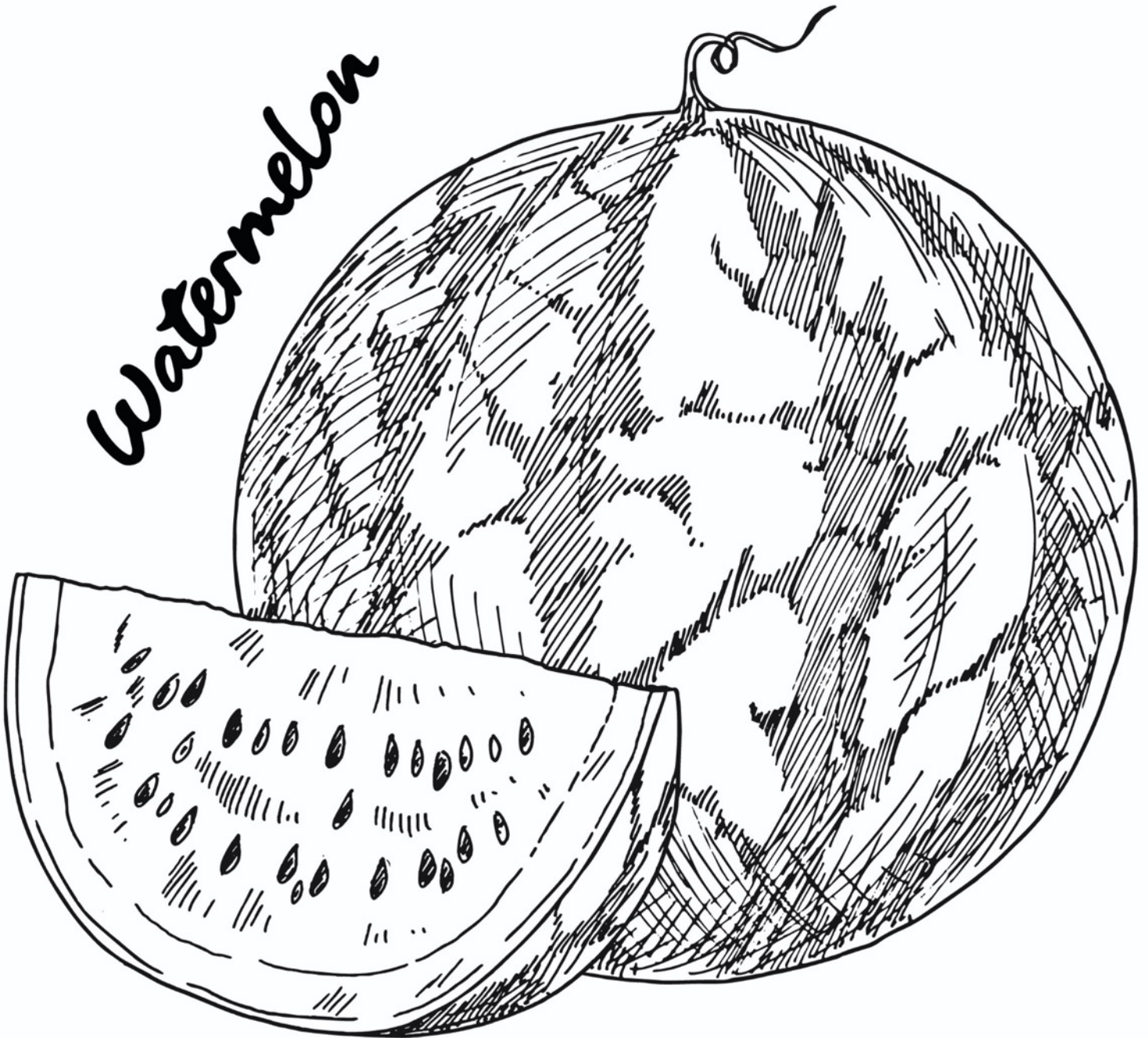
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Watermelon



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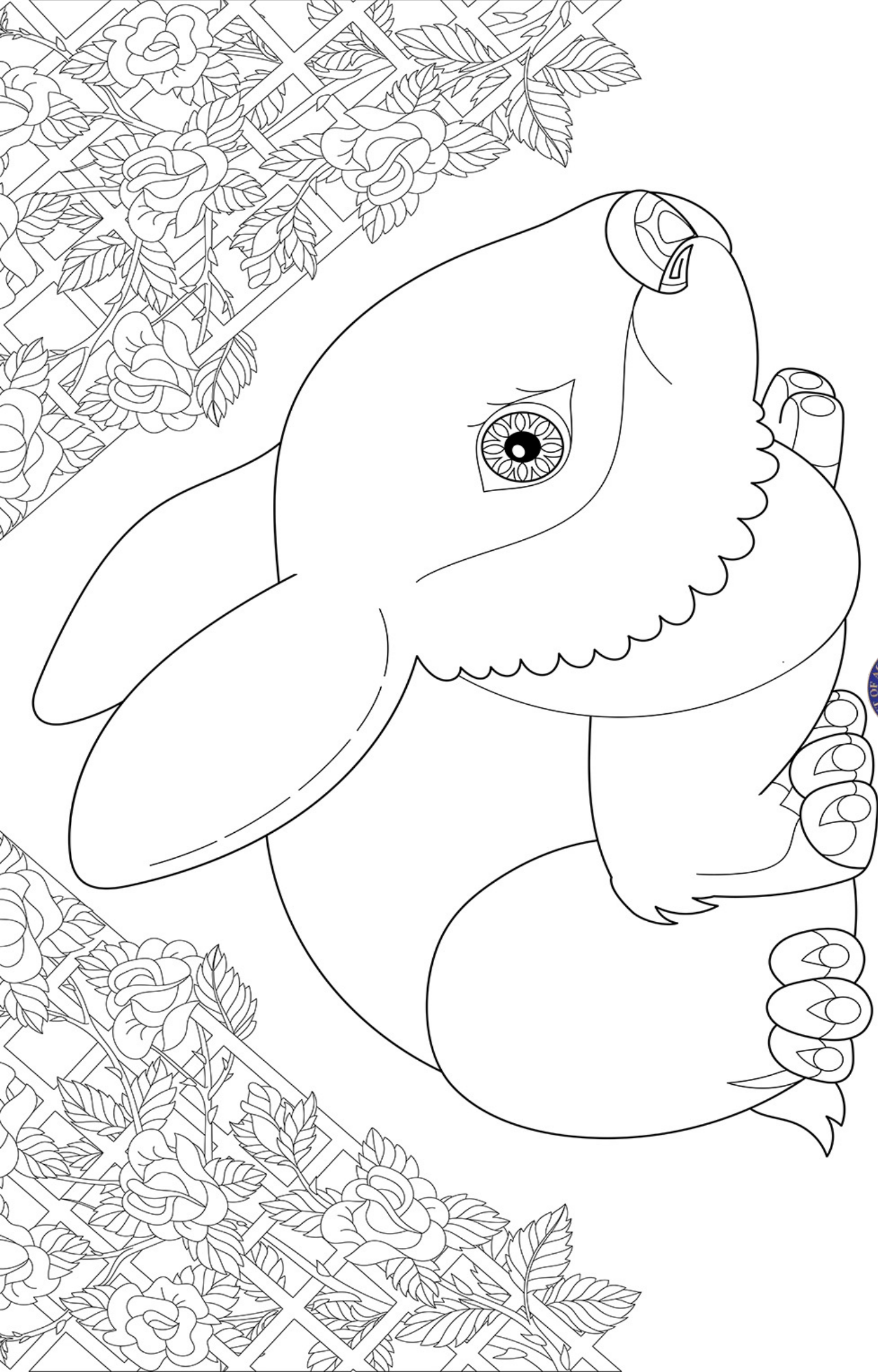


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Word Search

Herbs and Cooking Spices

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

- TARRAGON
- SAFFRON
- BASIL
- CINNAMON
- SAGE
- GARLIC
- SALT
- ~~OREGANO~~
- GINGER
- PEPPER
- PAPRIKA
- BAY
- THYME



Word Search

Vegetables

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

BROCCOLI

OLIVE

CORN

BRUSSELS

~~TOMATO~~

LENTIL

ENDIVE

CELERY

CHICKPEA

SPINACH

ONION

GARLIC

AVOCADO

POTATO

PEAS

EGGPLANT

YAM

CARROT



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Word Search

Kitchen Utensils

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

- FORK
- KNIFE
- SPOON
- NAPKIN
- PLATE
- POT
- ~~SAUCER~~
- GLASS
- CUP
- CUTLERY
- FINGERBOWL
- PAN
- SPATULA
- LADLE



Word Search

Fruits

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

- APPLE
- LEMON
- BANANA
- LIME
- ORANGE
- WATERMELON
- GRAPE
- KIWI
- PAPAYA
- BLUEBERRY
- ~~BLACKBERRY~~
- RASPBERRY



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Word Search

More Fruit

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

- GRAPE
- PLUM
- MELON
- APPLE
- ORANGE
- PEAR
- ~~LEMON~~
- POMELO
- COCONUT
- TOMATO
- BANANA
- CHERRY
- DATE
- GUAVA
- LYCHEE
- LIME
- MANGO



Word Search

Herbs and Spices

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

- SALT
- PEPPER
- CINNAMON
- BASIL
- PAPRIKA
- DILL
- CUMIN
- OREGANO
- THYME
- ~~NUTMEG~~
- SAGE
- TARRAGON
- GINGER
- CLOVES
- FENNEL



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Word Search

More Vegetables

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

- LEEK
- CABBAGE
- CAULIFLOWER
- TURNIP
- POTATO
- ~~CARROT~~
- PARSNIP
- PEA
- SPINACH
- RUTABAGA
- BROCCOLI
- PUMPKIN
- CELERY
- BEET
- GINGER



Word Search

Farm Animals

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

- ~~COW~~
- GOAT
- PIG
- BUFFALO
- CHICKEN
- SHEEP
- LAMB
- GOOSE
- TURKEY
- DUCK
- HORSE
- CATTLE
- LLAMA
- BISON
- HEN
- CALF
- ROOSTER
- BULL
- FOAL
- DOG



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Criss-Crossword Puzzle

Fill in the blanks with the words provided.

Two letters are already in the puzzle below to help you get started.

4 letters:

- AEON
- AREA
- KNOT
- LUTE
- MEZE
- MILK
- POME
- PONY
- STAR
- SWAN
- TRIM
- ZEBU

5 letters:

- ASK ME
- ASSET
- KYZYL
- OKAPI
- ORBIT
- RHINO
- RHYME
- TROVE

6 letters:

- ANIMAL
- BANANA
- EASILY
- LIMITS
- MODEMS
- RIDGED
- SPATES
- THREAD

7 letters:

- AUSTRIA
- DISPOSE

8 letters:

- LICENSE
- PASTIME
- POPULAR
- RAG DOLL
- REMOVAL
- UNIFORM
- ALLERGEN
- ALLIANCE
- AUGSBURG
- CENTAVOS
- INTEREST
- LANGUAGE

- LINOLEUM
- MOLESKIN
- PICTURES
- POSITIVE
- SCABIOSA
- USE AGAIN

9 letters:

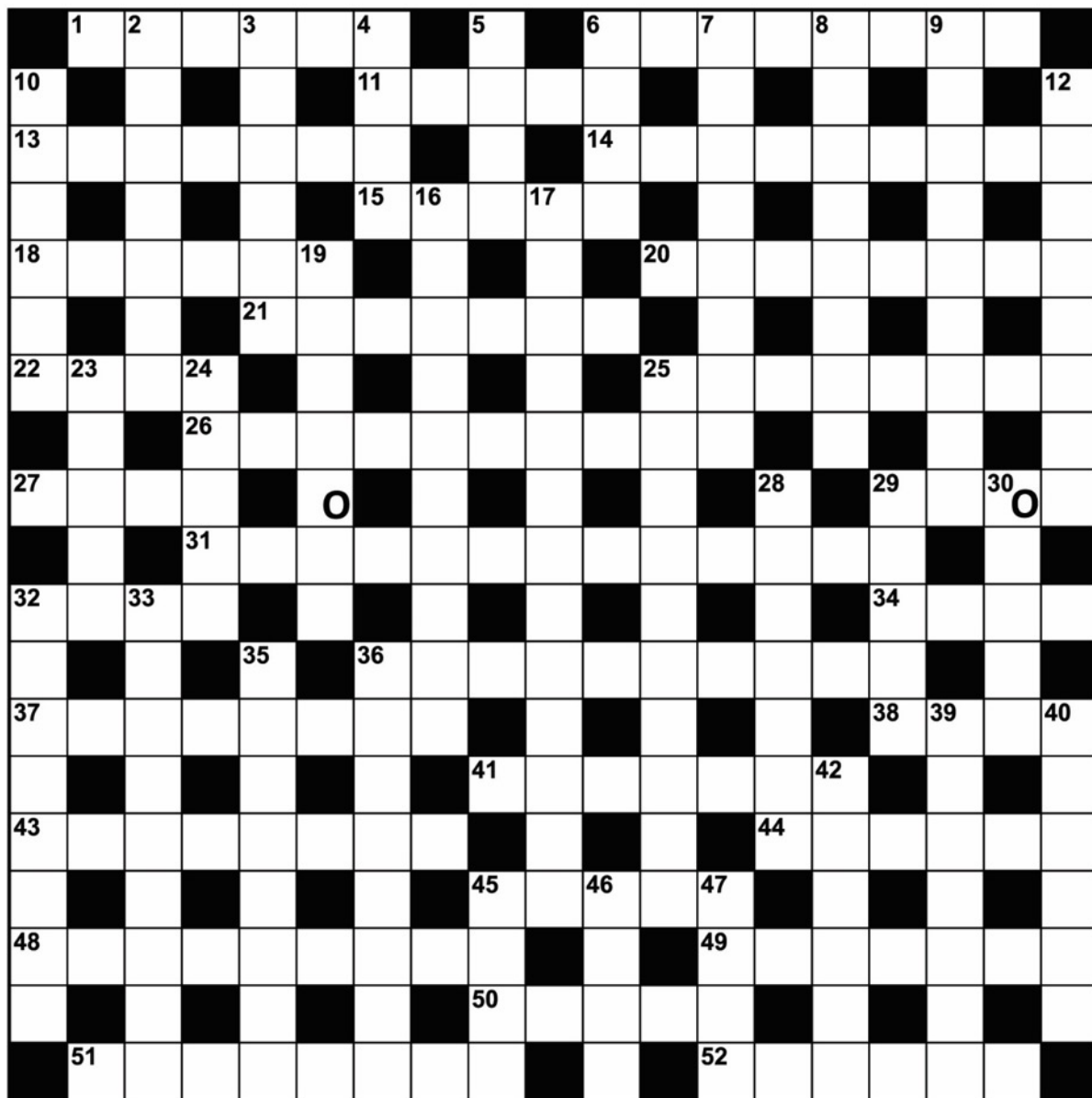
- EDUCATION
- INDENTURE
- MANNEQUIN
- ZINFANDEL

10 letters:

- ASYNCHRONY
- HYPOTHESIS
- PILOTHOUSE
- SKEPTICISM

13 letters:

- MISCELLANEOUS
- MUSICAL COMEDY



Codebreaker Word Puzzle

The number in each square corresponds to a letter. The same number represents the same letter.
Crack the code and fill the grid by determining which letter relates to which number.
To help you get started five word entries have picture clues, and four letters are already in place.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	
C	R	E	S																				

ANSWER: 1-C, 2-R, 3-E, 4-S, 5-P, 6-D, 7-A, 8-T, 9-L, 10-Z, 11-U, 12-G, 13-I, 14-M, 15-H, 16-O, 17-Y, 18-N, 19-B, 20-K, 21-W, 22-F, 23-V.



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Codebreaker Word Puzzle

The same number represents the same letter. Crack the code and fill the grid.
To help you get started, some words and letters are already in place.

	1		2		3		4		2		5		6	7	8	6	7	
4	9	4	10	9	11	12	13	2	5	14	9	15		8		11		16
	1		9		17		11		5		6		6	17	2	5	10	7
3	9	10	18	15	14	11	15	11	10	2	17	7		9		14		19
	20		7		7		15		9		7	21	7	13	15	9	6	7
22		23		15	13	11	11	18	7	20		17		7		6		10
11	24	13	6		9		10		20	11	11	13	5	10	2	17	7	
11		11		2	8	17	9	15		9		7		25		9		26
10	2	3	4		10		6	24	8	10	2	3	5		7	15	13	24
11		17		4	2	12		6		9		7	13	2		2		2
12	13	9	20		19	7	2	17	14	7	13		7		6	17	2	13
25		3		20		11		11		6	7	17	14	9		9		17
	3	7	10	11	20	13	2	3	2		6		9		16	11	18	7
6		17		12		12		6	17	2	17	9	6	17		8		13
17	13	11	15	14	11	9	20		17		13		17		12		6	
13		17		11		15	9	8	7	3	2	17	11	12	13	2	5	14
24	8	9	26	24	7		1		3		9	13		11		7		
	U	N	I	Q	U	E												
3		3		6		5	7	13	5	7	8	20	9	15	24	10	2	13
	4	7	22	7	10		13		17		17		15		5		18	

1	2	3	4	5	6	7	8	9	10	11	12	13
						E			L			
14	15	16	17	18	19	20	21	22	23	24	25	26

ANSWER: 1=V, 2=A, 3=M, 4=B, 5=P, 6=S, 7=E, 8=N, 9=I, 10=L, 11=O, 12=G, 13=R, 14=H, 15=C, 16=J, 17=T, 18=K, 19=W, 20=D, 21=X, 22=Z, 23=F, 24=U, 25=Y, 26=Q.



Code breakers

Break the code using the information below. Find each coded letter on the top row, and read down to break the code.

0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
N	T	Q	H	Z	F	E	M	Y	D	X	U	B	V	I	S	L	J	P	G	W	O	R	A	C	K

23 13 21 24 23 9 21

12 6 6 5

24 3 14 24 25 6 0

6 19 19 15

16 6 1 1 11 24 6

24 21 20

5 14 19

3 21 22 15 6

23 18 18 16 6

5 23 22 7 / 5 22 6 15 3

7 6 23 1

3 6 22 12 15

9 23 14 22 8

18 14 19

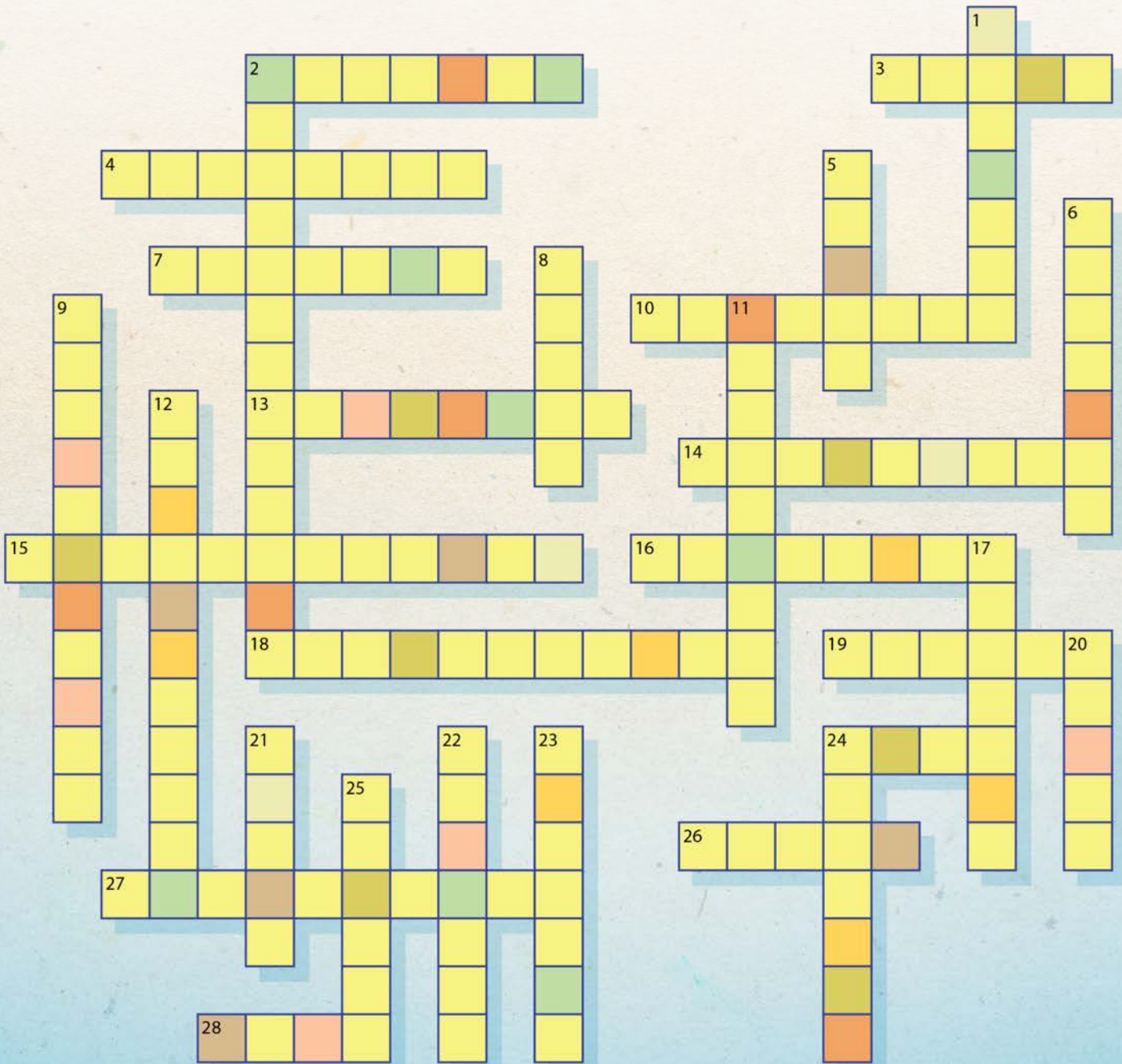
7 14 16 25

24 23 12 12 23 19 6



SOLVE THE HEALTHY EATING PUZZLE TO FEEL GREAT!

Use the clues on the next page to solve the puzzle!



Food and Nutrition Division
Child and Adult Care Food Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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www.SquareMeals.org



Across

- 2 The bone building substance in milk and yogurt
- 3 The whole wheat version is an excellent source of fiber
- 4 Diet and this can help achieve a healthy weight
- 7 Chicken, eggs, milk and peanut butter are laden with it
- 10 Veggies are a source of vitamins and these
- 13 A person with this disease needs a special diet to help control high blood sugar
- 14 This meal refuels your body after eight hours of sleep
- 15 Filled with protein, it's a spreadable alternative to meat
- 16 Alphabetically speaking, you need plenty of A, B, C, D, E and K
- 18 Loaded with vitamin A, this orange veggie is a Thanksgiving favorite
- 19 This powerful vitamin source includes watermelons, berries and bananas
- 24 Sugary drink that can lead to weight gain
- 26 Various healthy veggies mixed in a bowl
- 27 Leafy or crunchy, this food source is filled with vitamins, minerals and fiber
- 28 No heavy thinking here. It's the stuff in butter, oils, dressings and gravy

Down

- 1 Category including beans, peas, lentils and peanuts
- 2 Provides quick energy and it's found in fruits, breads and cereal
- 5 Salmon, oatmeal, and almonds can keep this organ healthy
- 6 The eyesight veggie
- 8 Stay hydrated with this thirst quencher
- 9 Pick these small wonders for antioxidants
- 11 A healthy lifestyle is fueled by good ____
- 12 A popular way to drink vitamin C
- 17 Green, leafy and full of vitamins, iron and calcium
- 20 It tastes sweet, but too much can lead to diabetes and obesity
- 21 Important for digestion, it's found in whole grains
- 22 Good nutrition means eating ____ foods
- 23 An American epidemic attributable to eating habits
- 24 Shrimp, oysters and tuna are all part of this protein source
- 25 As long as they're healthy, try these between meals