



PennState
PRO Wellness

Word Scramble

Grab some grains! Unscramble the whole grain words and place the correct spelling in the boxes. Copy the letters from the numbered boxes into the boxes at the bottom of the page with the same number to decode the hidden message.

PCNROPO

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10

NRBOW ICER

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13

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12

LEISUM

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14

EKAWTBHCU

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2

HOEWL TEWAH ABDER

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4

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11 3

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8

TEAMALO

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6

7

LEWOH NIAGR YABELR

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5

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9

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1

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1 2 3

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4 5 6 7 8

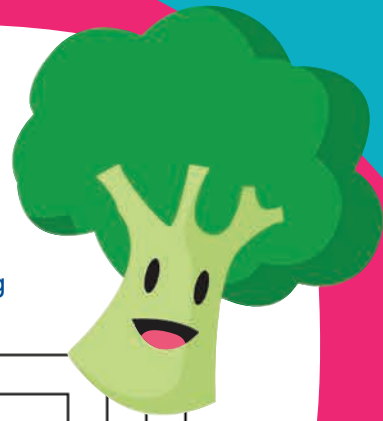
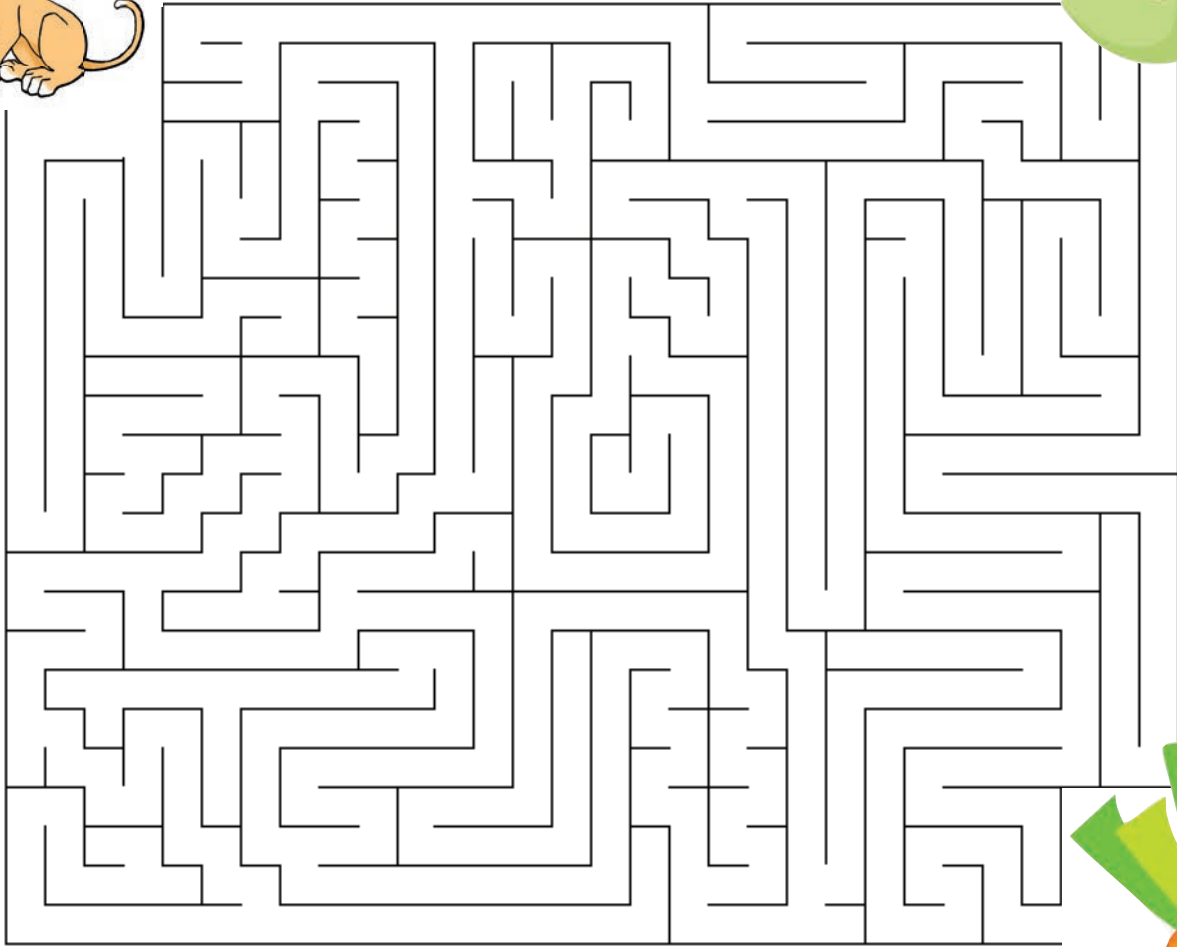
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9 10 11 12 13 14

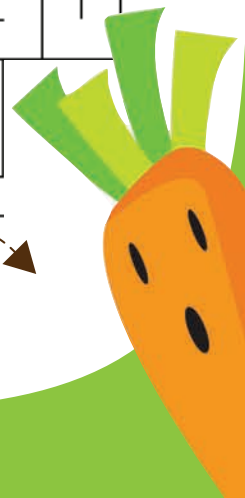


adapted from Team Up At Home Team Nutrition Activity Book

Goals aren't just for adults. Have you asked your family to help you make a goal this year? Does it include healthy eating and more physical activity? A goal can be successfully achieved by making one good decision at a time. Don't get discouraged if you lose your way. Just like the Nittany Lion below, learn from a wrong turn and keep trying for the end goal.



FUN FACT: We think of carrots as orange, but they can also be white, yellow, red, and purple.



Word Scramble Let your thirst guide you and remember that what you drink is very important. Regular soda, energy or sports drinks, and other sweet drinks contain added sugars and little or no beneficial nutrients. Some may provide nutrients but too much fat and too many calories. Choose water or drinks with few or no calories when you are thirsty. Unscramble the letters below and find names of some healthy drink choices.

engre ate _____
tawre _____
ilmk _____

1%00 eicuj _____
neoml tawre _____

Nutrition Sudoku

You may have seen Sudoku with numbers, but here's one with food items. Each horizontal row, vertical column and 3x3 box must contain all nine food words. The words begin with letters K - T to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

K – Kiwi
L – Lemon
M – Milk

N – Nuts
O – Orange
P – Plum

R – Rice
S – Spinach
T – Tuna

Lemon		Plum	Tuna		Rice	Milk	Kiwi	Spinach
	Kiwi		Lemon	Plum	Milk	Nuts		Tuna
Tuna		Orange		Kiwi	Nuts		Rice	Plum
Spinach	Tuna		Nuts			Kiwi	Plum	
		Nuts	Milk	Tuna	Kiwi	Rice	Spinach	Orange
Orange	Rice	Kiwi		Spinach			Nuts	Milk
Kiwi		Lemon	Rice	Milk	Spinach	Plum	Tuna	
	Spinach	Tuna	Kiwi		Plum	Orange		Rice
Nuts	Plum	Rice	Orange	Lemon	Tuna	Spinach	Milk	Kiwi

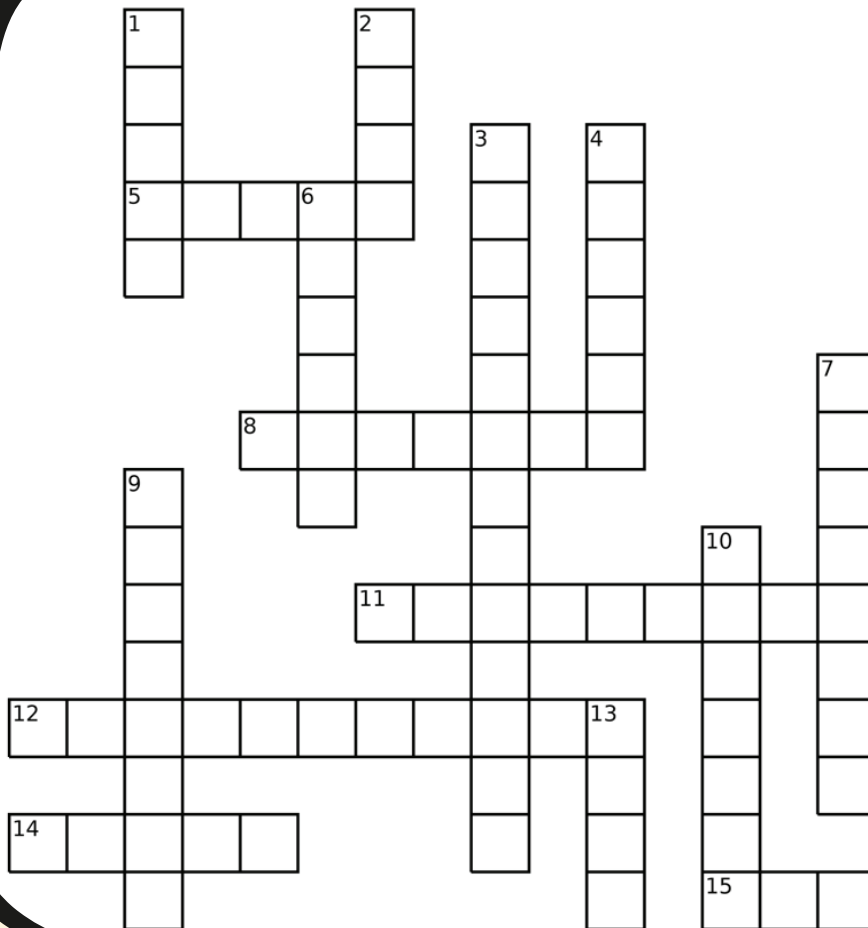
credit: Academy of Nutrition and Dietetics

Breakfast Crossword

Fill out the breakfast themed crossword puzzle below.



Eating Healthy Tip:
Be mindful to eat slowly, and pay attention to how you feel. Try writing down where and when you eat and rate your level of hunger on a scale of 0–10 (0 = “starved” and 10 = “stuffed”) — start with breakfast!



ACROSS

- 5** Small meal after breakfast and before lunch
- 8** Belgium _____ with strawberries
- 11** This meal helps you do great in school
- 12** This fruit juice has vitamin C
- 14** This is best when made with whole grains
- 15** Ome_ _ _ with veggies and low-fat cheese

DOWN

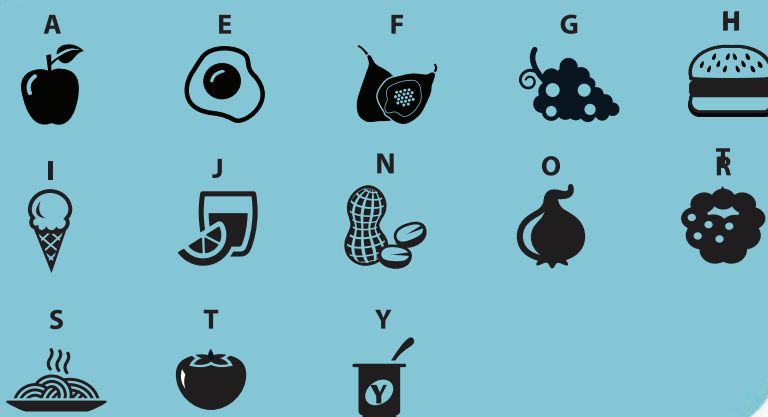
- 1** French _____ or pancakes
- 2** This tastes great with whole grain cereal
- 3** This comes from a cow but it's not white
- 4** Home fries or hash _____
- 6** Some kids like to eat this without milk
- 7** Bananas, strawberries and low-fat yogurt mixed together to make a _____
- 9** Mickey Mouse shaped _____ with eggs
- 10** Eat this warm with milk, raisins, and a pinch of brown sugar
- 13** Scrambled _____

Secret Message

Match the letter to its image and decode the secret message below. When you fill in the spaces correctly, you will have a fun message. A letter has been provided to start you off!

credit: Academy of Nutrition and Dietetics

DECODING KEY



Color Time



Learn more at WholeKidsFoundation.org

WHOLE KIDS
FOUNDATION

Choosing a variety of different-colored **whole foods** will help your body get a complete range of nutrients!

Which Food Am I?

Read the descriptions below and write the name of the drink or food that matches each description.

1. I am sticky and sweet. People sometimes put me in their tea because I am a natural sweetener that provides a natural form of instant energy.

2. When European explorers first encountered us in the Americas, they named us based off of our pine cone resemblance.

3. We are a very small round green vegetable that is considered the oldest known vegetable, originating in Middle Asia and Ethiopia.

4. I help keep your smile bright and I am called 'nature's toothbrush' because I cleanse your mouth of 95% of the bacteria that causes tooth decay.

5. I am a long yellow fruit that can be helpful in overcoming depression.

6. I am a fruit, not a vegetable, and I am packed with the highest oil content of all fruits.

7. When you eat us, you burn more calories digesting us than you consume.

8. Eat us fried, boiled or scrambled for a punch of protein.

9. I am a member of the cabbage family and high in Vitamin A.

10. We are small round red fruit that grows on trees from May through August.

11. I am a root vegetable that is crunchy, tasty and a nutritious source of fiber.

12. I am rich in calcium, and recommended in order to combat including osteoporosis, which affects your bones.

13. There are over 2,000 types of me.

14. I am 80% water and I'm considered a berry that grows in many colors.

15. Roughly 70% of an adult's body is made up of me.

WORD BANK

Apple

Avocado

Banana

Broccoli

Carrot

Celery

Cheese

Cherries

Eggs

Grapes

Honey

Milk

Peas

Pineapple

Water

Healthy Word Search

See if you can find the healthy words from the list below.

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

Created with [TheTeachersCorner.net](https://www.theteacherscorner.net) Word Search Maker

CARROTS

CELERY

TOMATOES

VEGETABLES

APPLES

BANANAS

FRUIT

ORANGES

EXERCISING

OUTSIDE

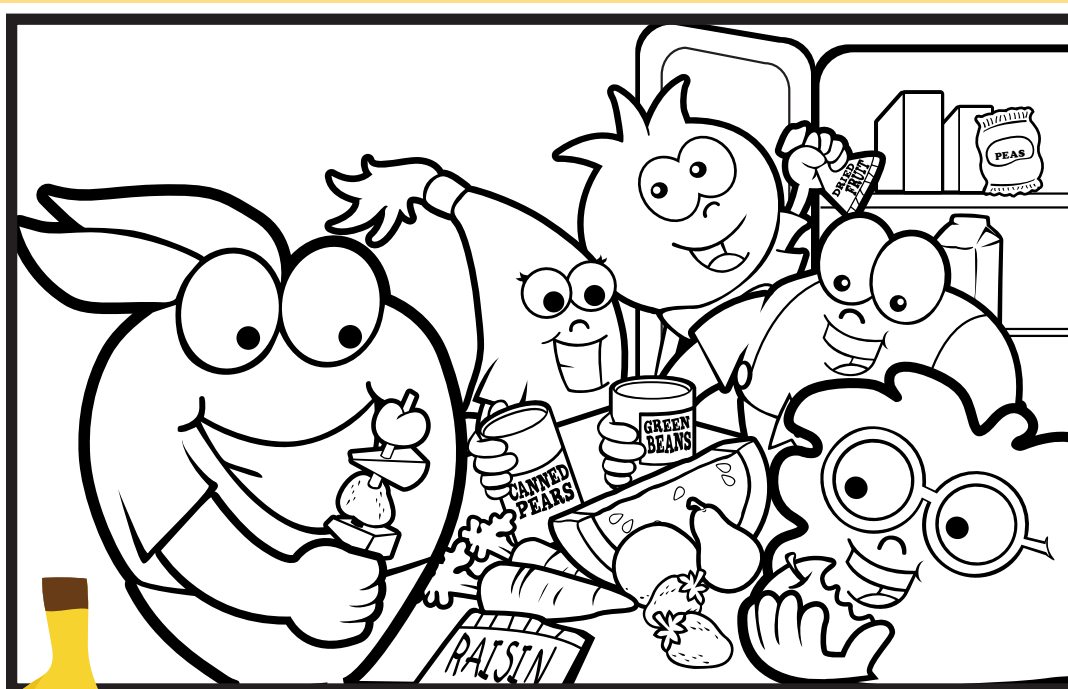
RUNNING

SPORTS

SWIMMING

Spot the Difference

Stock the refrigerator and pantry with fruits and veggies! Fresh, frozen, canned, dried and 100% juice. Can you spot the 10 differences between both photos?



10 Steps to Healthy Eating

Fill in the ten missing words. Then copy the letters from the numbered spaces to the spaces below to find the hidden nutrition message. Two have been filled in for you.

1. Make half your plate _____ and vegetables.

4

11

2. Make at least half your _____ whole.

2

3. Choose fat-free or low-fat _____.

13

4. Vary your **P** _____ choices.

15

3

5

5. Drink _____ instead of sugary drinks.

9

18

1

6. Be _____ every day.

17

10

7. Snacks can fit into a _____ eating plan.

7

14

8. Enjoy dark green and orange _____.

6

16

9. Two types of _____ are salmon and tuna.

12

10. Remember to eat _____ every morning.

19

8

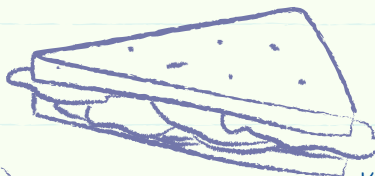
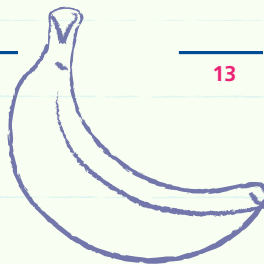
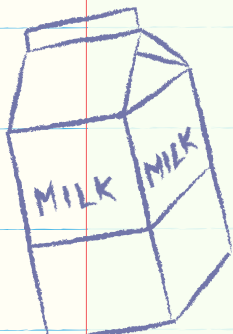
1 2 3

4 5 6 7 8

9 10 11 12

13 14 15 16 17 18 19

credit: Academy of Nutrition and Dietetics



Word Search Puzzle

Help the Nittany Lion find the fall harvest fruits and vegetables below.
Search across and down to find the hidden words.

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

APPLE
BEANS
BEETS
BROCCOLI
CABBAGE
CARROTS
CAULIFLOWER
CELERY
CORN
EGGPLANT
FIGS
GRAPES
ONIONS
PARSNIPS
PEARS
PEPPERS
POTATO
PUMPKIN
SQUASH
TURNIP
YAMS

Eating Healthy Tip:

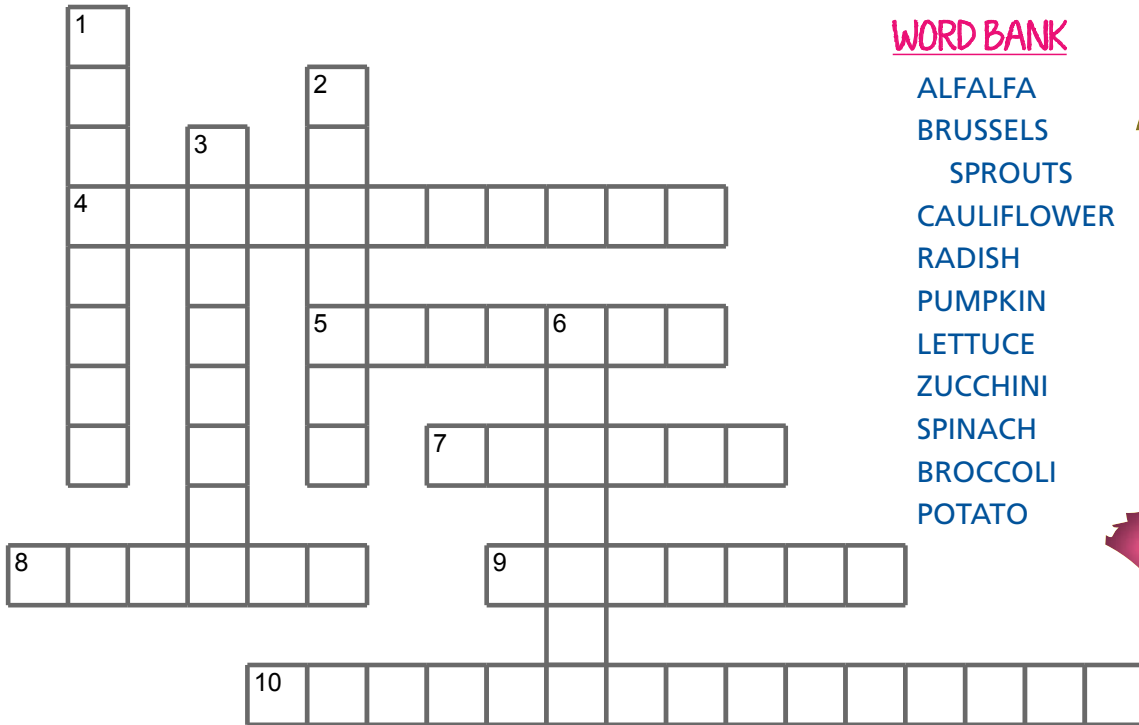
Build a healthy meal by making half your plate veggies and fruits that are full of nutrients.

Visit med.psu.edu/PROwellness for healthy recipes or ChooseMyPlate.gov

credit: theKidzpage.com

Vegetable Crossword

Using the clues below, open your mind and taste buds to the greatness of vegetables and fill in the crossword puzzle with the correct vegetable.



WORD BANK

ALFALFA
BRUSSELS
SPROUTS
CAULIFLOWER
RADISH
PUMPKIN
LETTUCE
ZUCCHINI
SPINACH
BROCCOLI
POTATO

Source:



Did you know that zucchini's nutrients, such as vitamin C, are located in the seeds and skin? Refrain from peeling zucchini to get the full benefits from its skin.

ACROSS

4. A plant having a large edible head of crowded white flower buds.
5. A type of flowering plant that belongs to the pea family and is grown for hay or forage.
7. A starchy root vegetable, that comes in many colors, including brown, white, red, yellow.
8. A root vegetable that grows underground and is most commonly red.
9. Usually yellow-orange round fruit from the squash family that is ready to harvest in autumn, and can be carved or eaten.
10. Small cabbage-like heads or buds growing along a stalk, which was named after Belgium's capital city.

DOWN

1. Plant with dense clusters of tight green flower buds that look like miniature trees.
2. A leafy green vegetable that will make you strong like Popeye.
3. The fastest growing of the summer fruits. Also known as the green Italian squash.
6. A green leafy vegetable usually used in salads.

ANSWER KEY

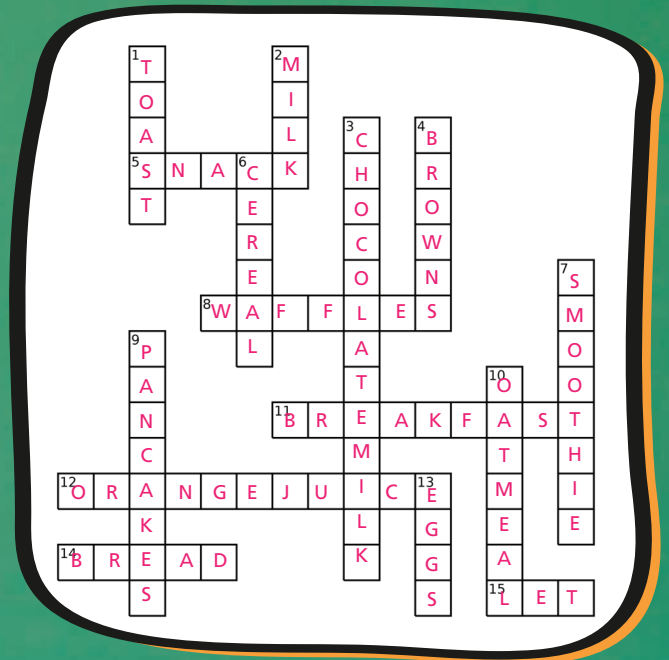
PG. 2 Popcorn; Brown Rice; Muesli;
Buckwheat; Whole Wheat Bread;
Oatmeal; Whole Grain Barley

PG. 3 Green Tea; Water; Milk;
100% Juice; Lemon Water

PG. 4

L	N	P	T	O	R	M	K	S
R	K	S	L	P	M	N	O	T
T	M	O	S	K	N	L	R	P
S	T	M	N	R	O	K	P	L
P	L	N	M	T	K	R	S	O
O	R	K	P	S	L	T	N	M
K	O	L	R	M	S	P	T	N
M	S	T	K	N	P	O	L	R
N	P	R	O	L	T	S	M	K

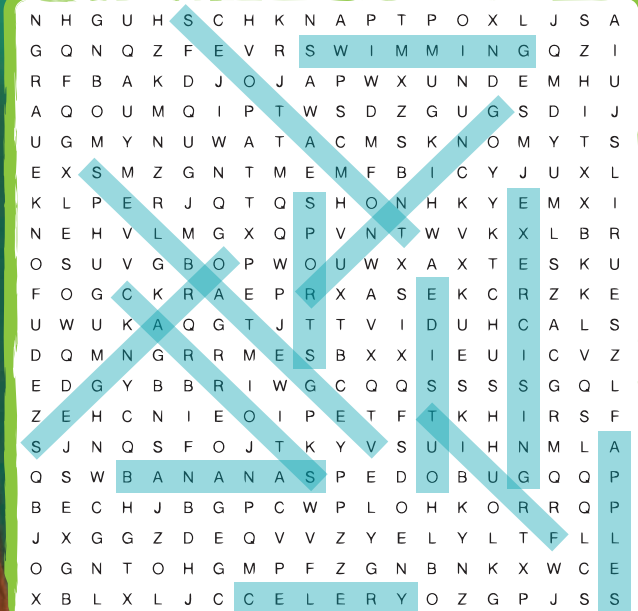
PG. 5



PG. 6 Enjoy the taste of eating right!

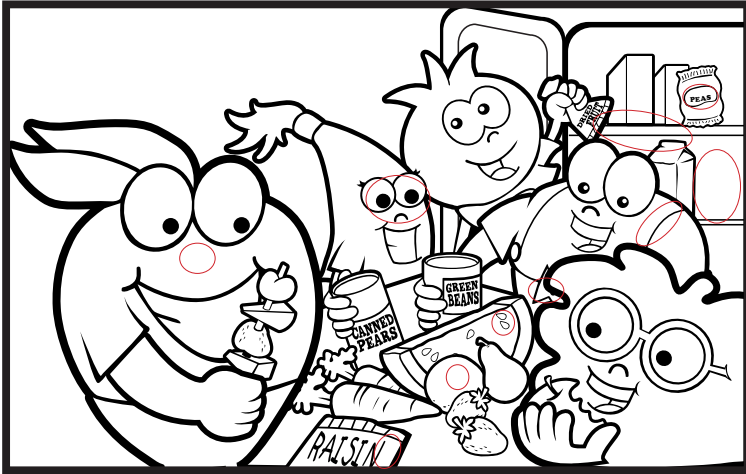
PG. 8 – 1. Honey; 2. Pineapple; 3. Peas;
4. Apple; 5. Banana; 6. Avocado; 7. Celery;
8. Eggs; 9. Broccoli; 10. Cherries; 11. Carrot;
12. Milk; 13. Cheese; 14. Grapes; 15. Water

PG. 9



ANSWER KEY

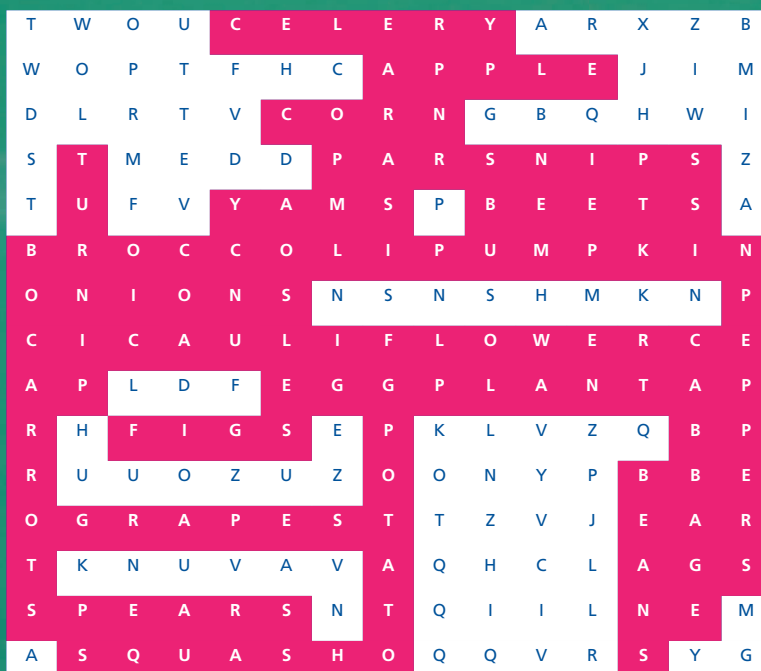
PG. 10



ANSWERS ARE CIRCLED IN RED

PG. 11 – 1. Fruits; 2. Grains; 3. Milk; 4. Protein; 5. Water; 6. Active; 7. Healthy; 8. Vegetables; 9. Fish; 10. Breakfast; **Decoded Message:** Eat Right With MyPlate.

PG. 12



PG. 13

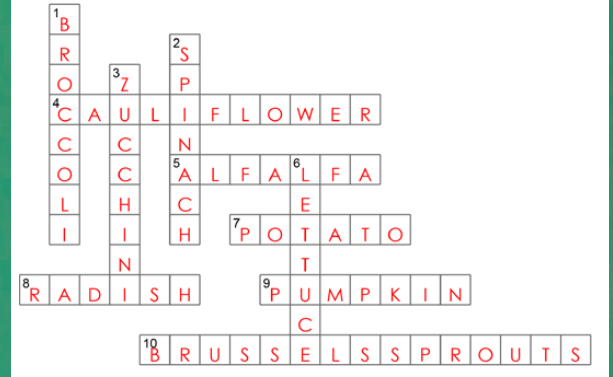


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healthy choices to life.

