

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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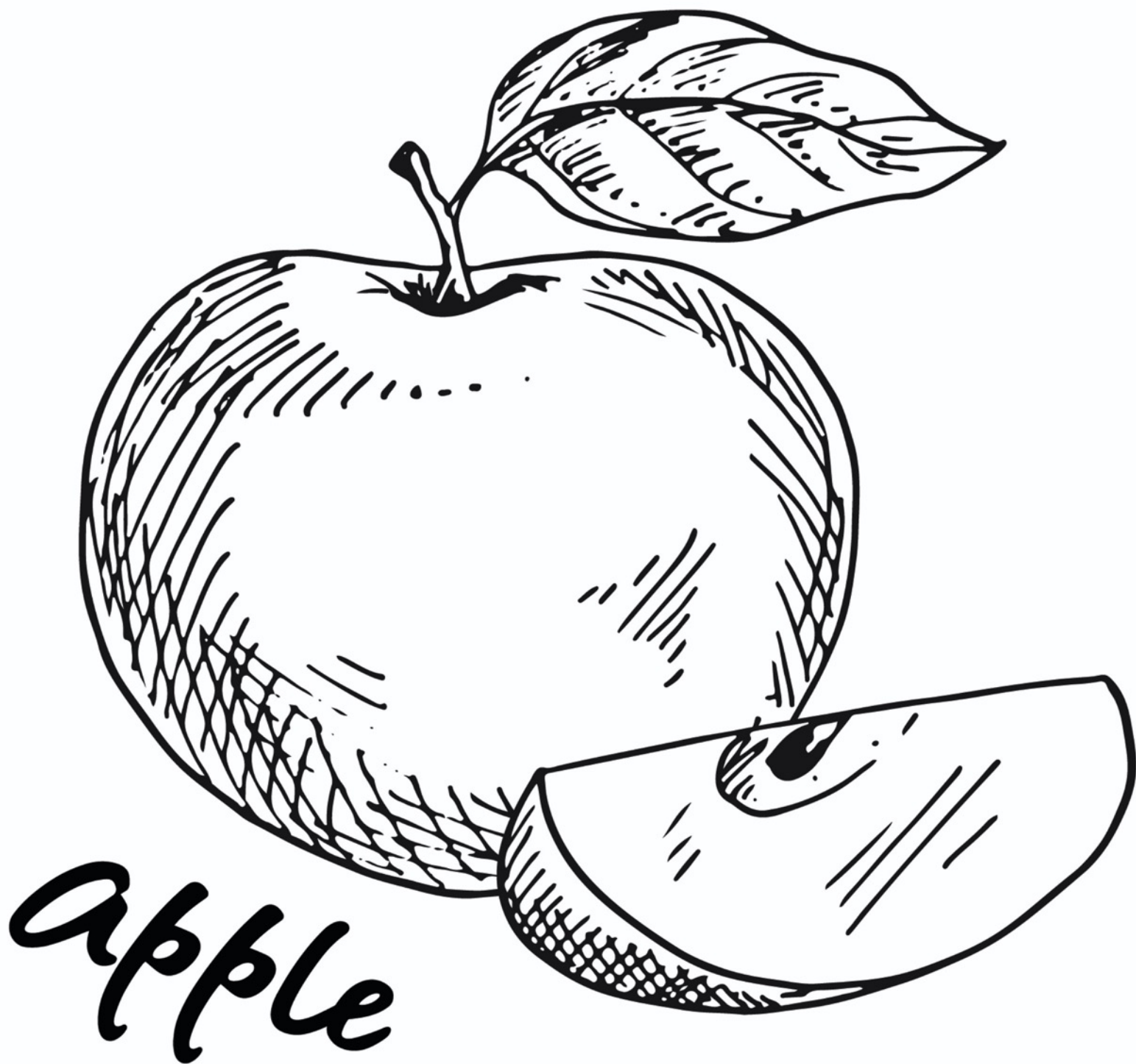


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Avocado



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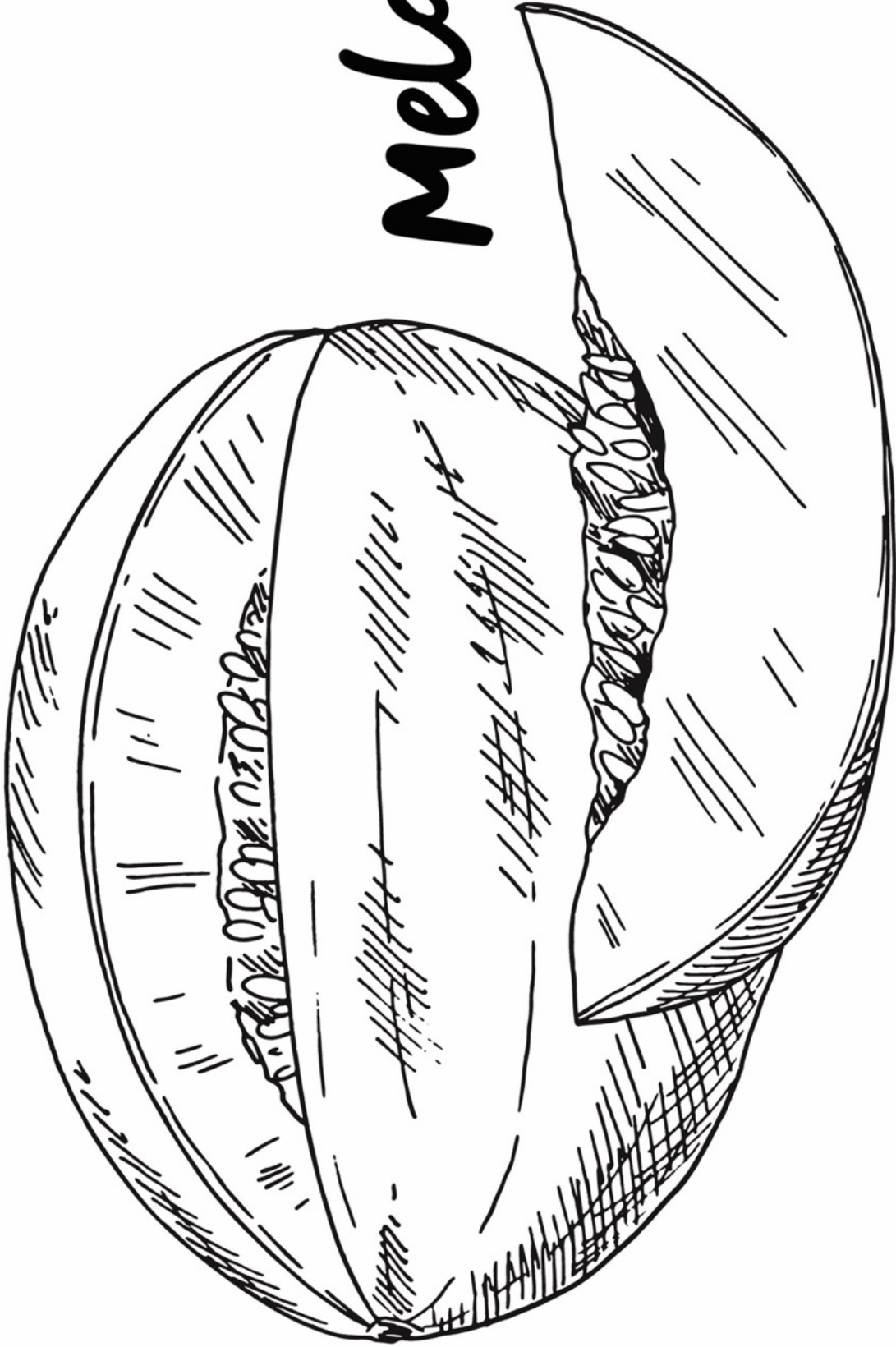


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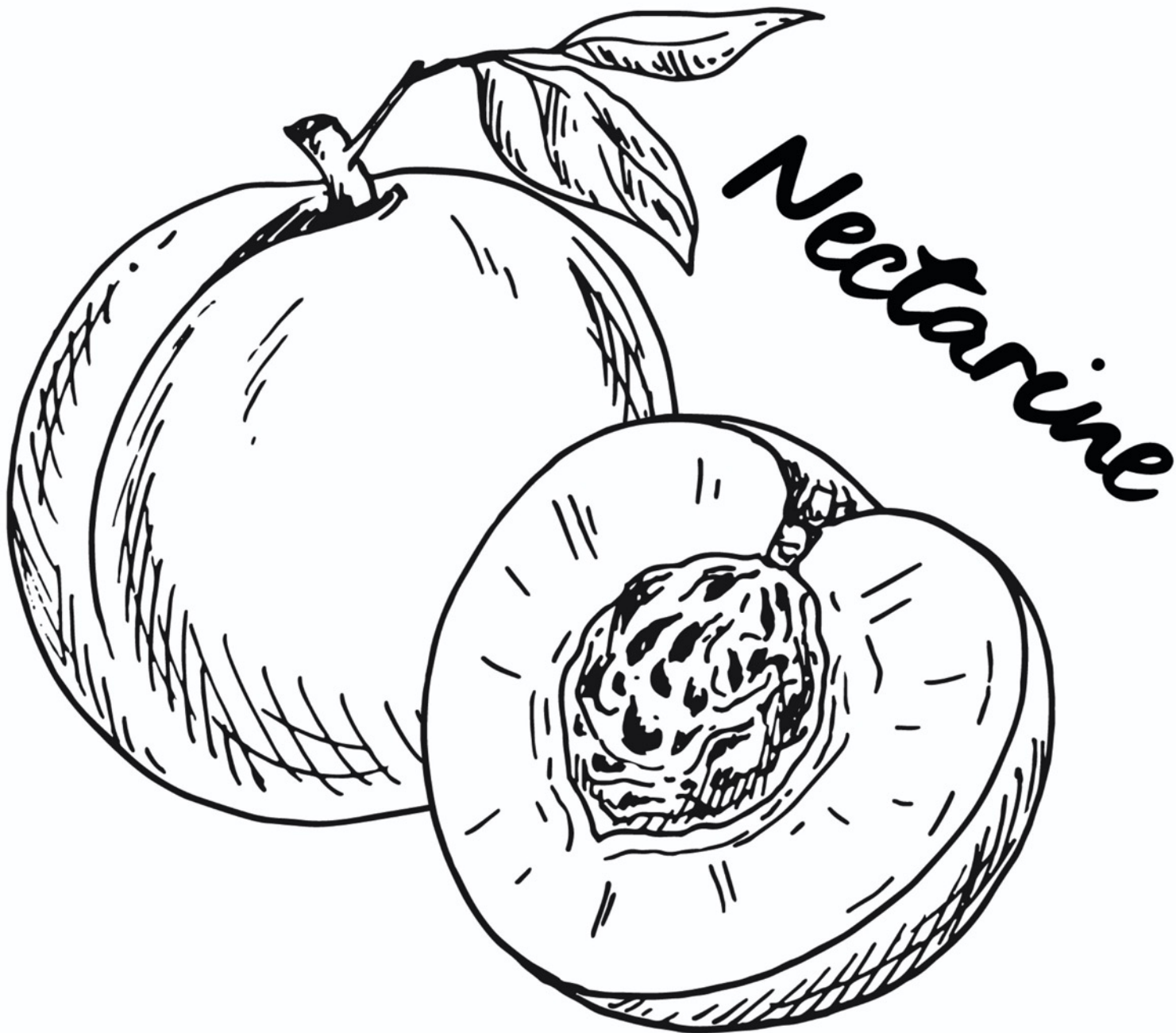


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Melon





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Orange



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Peach



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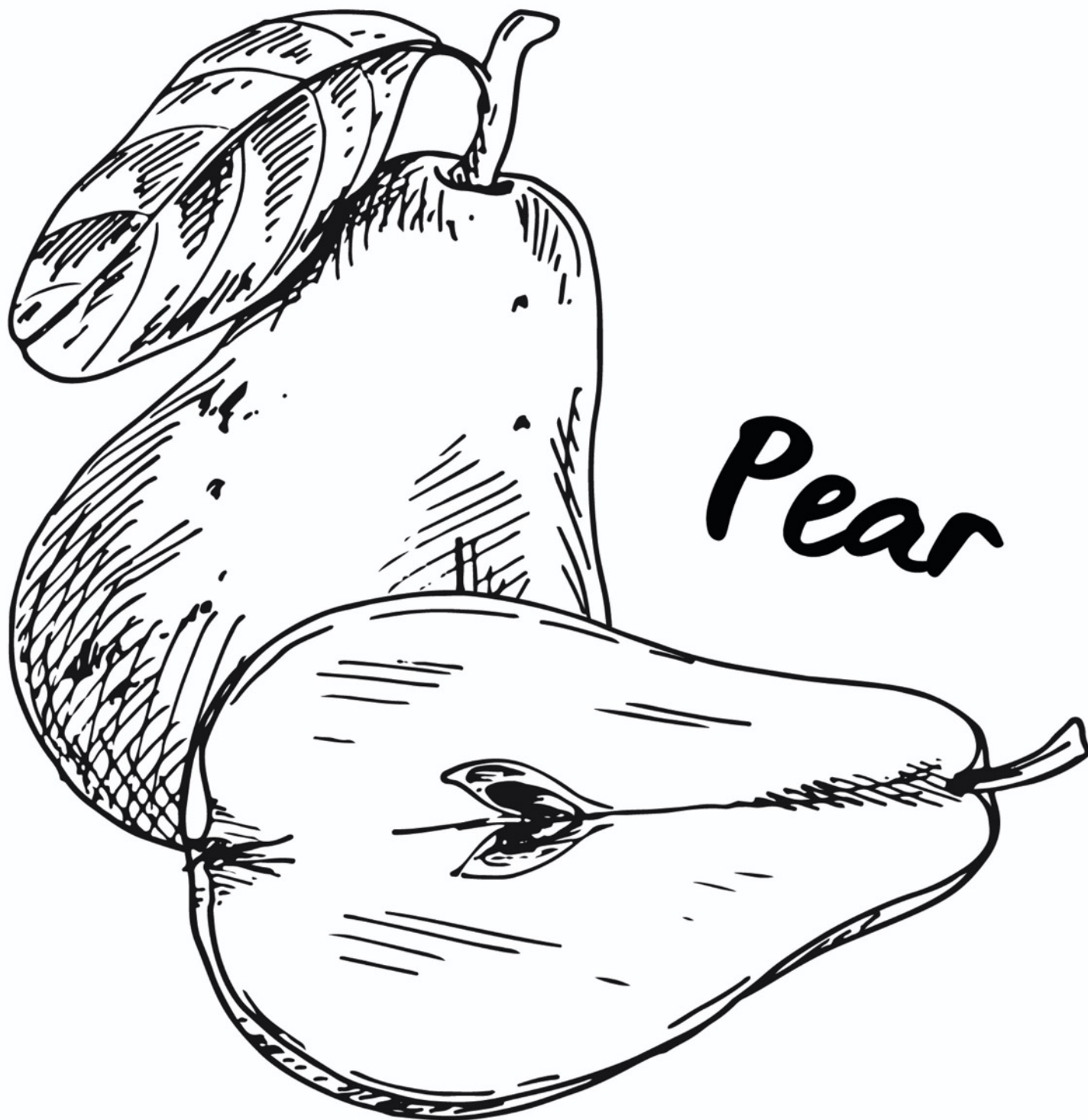


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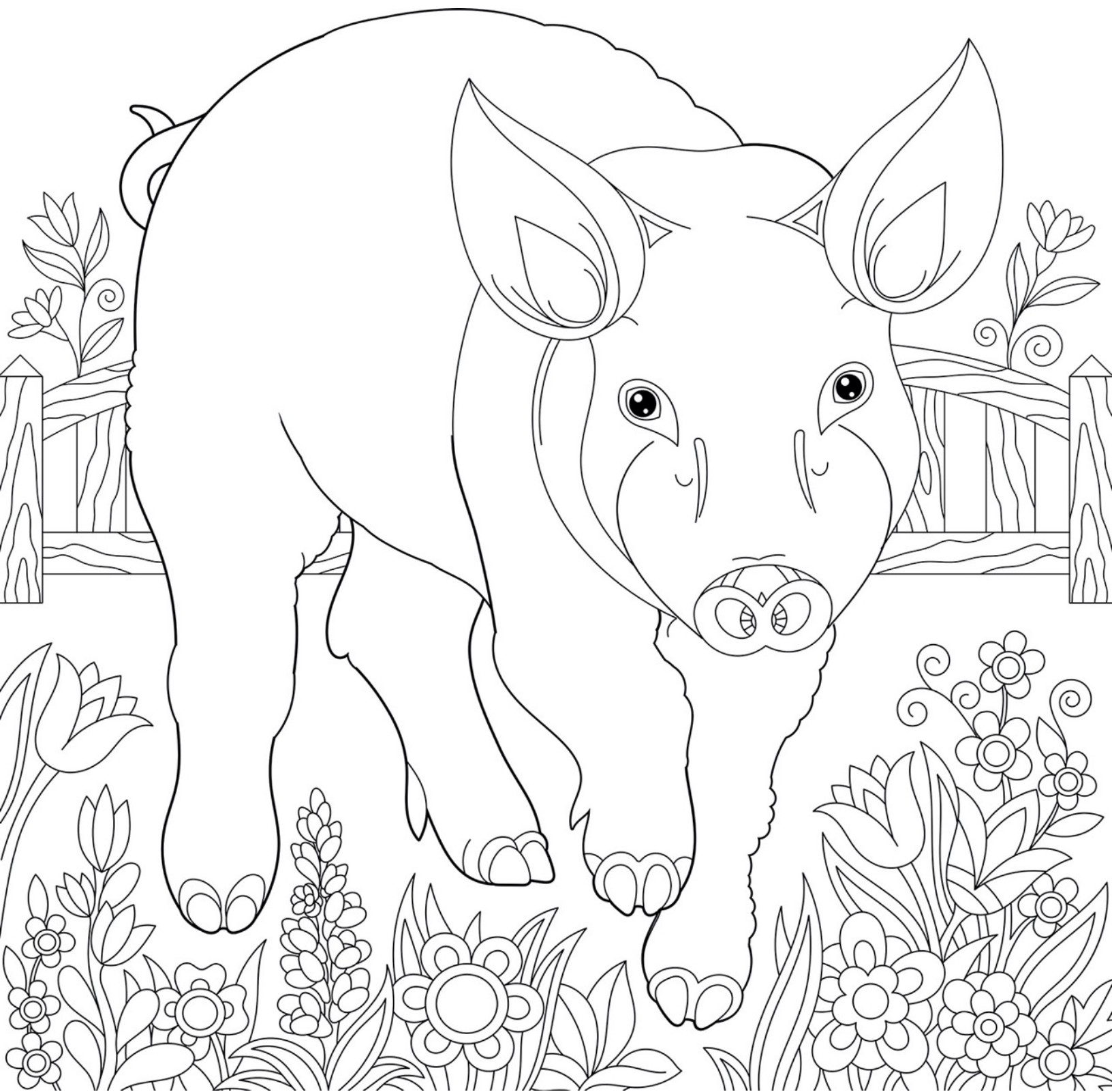


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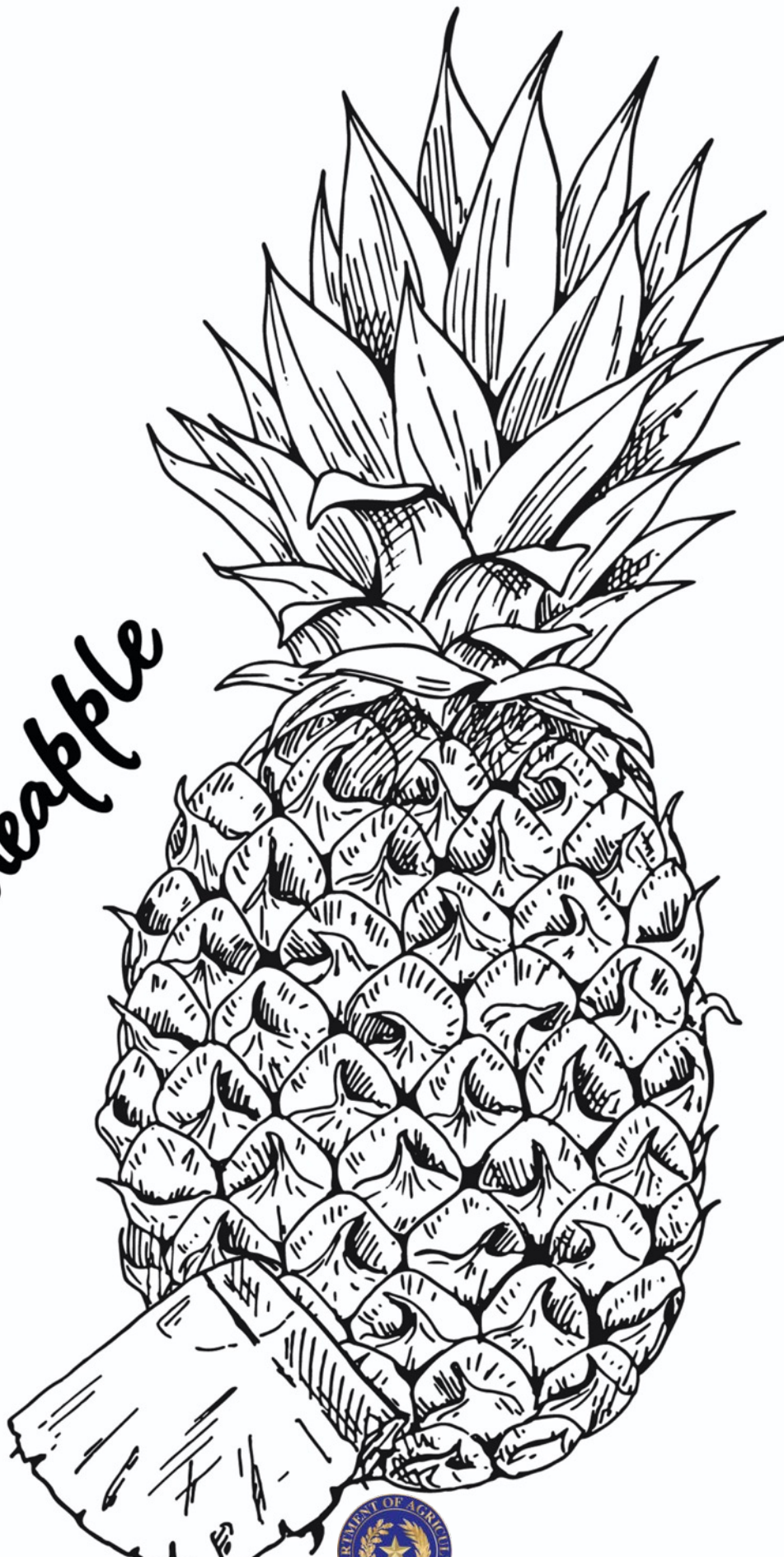
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Pineapple



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Plum



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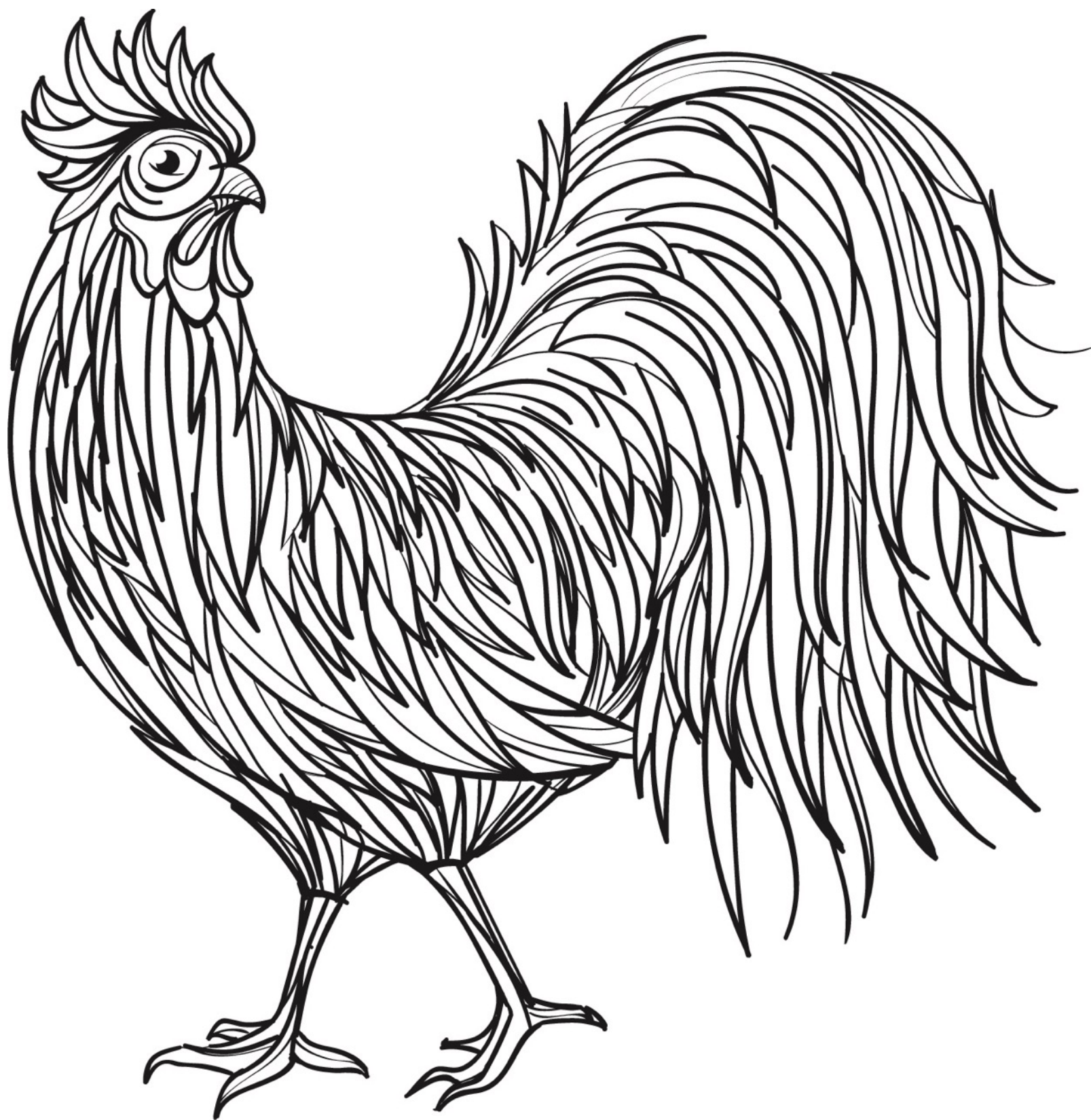


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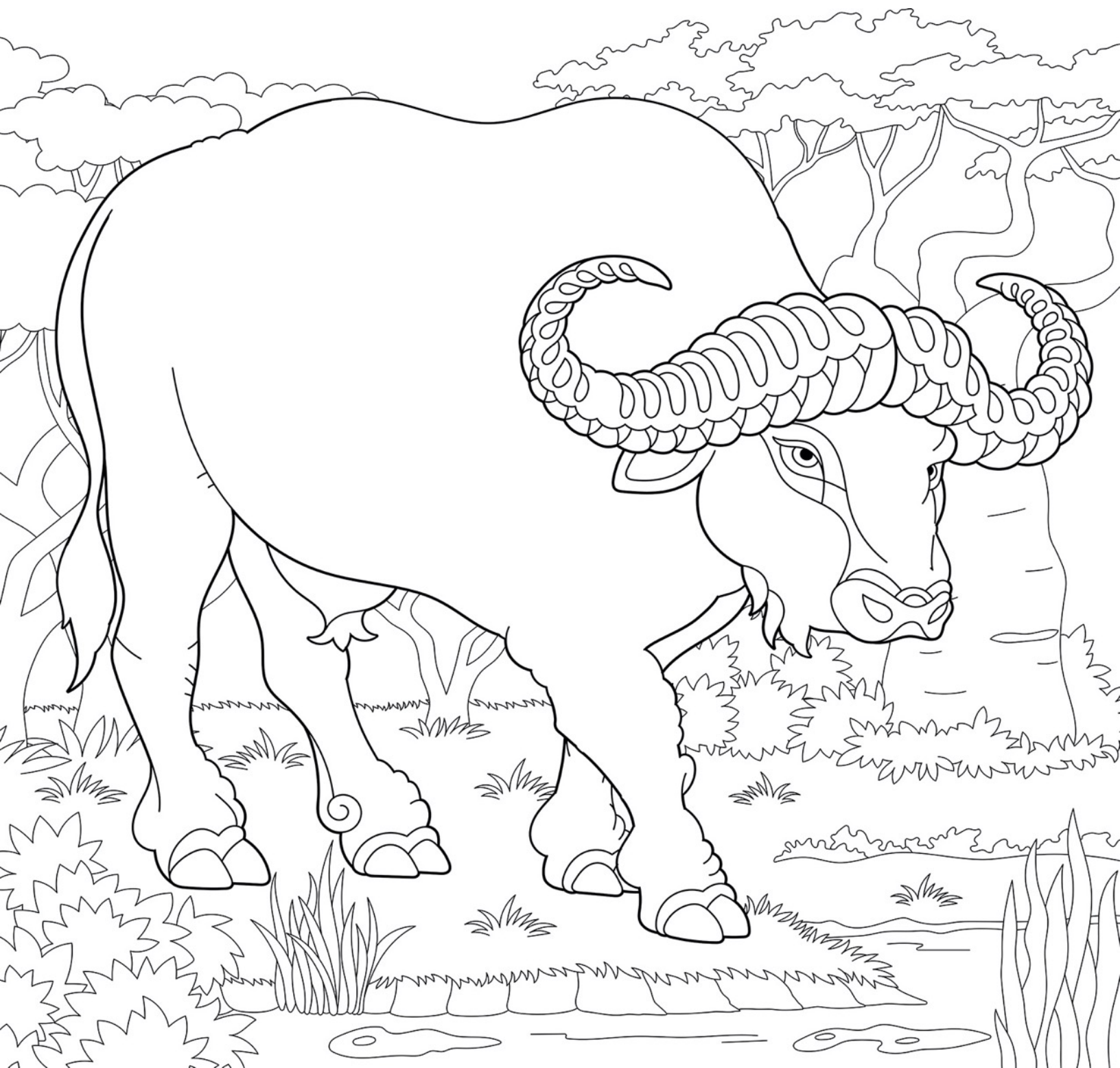


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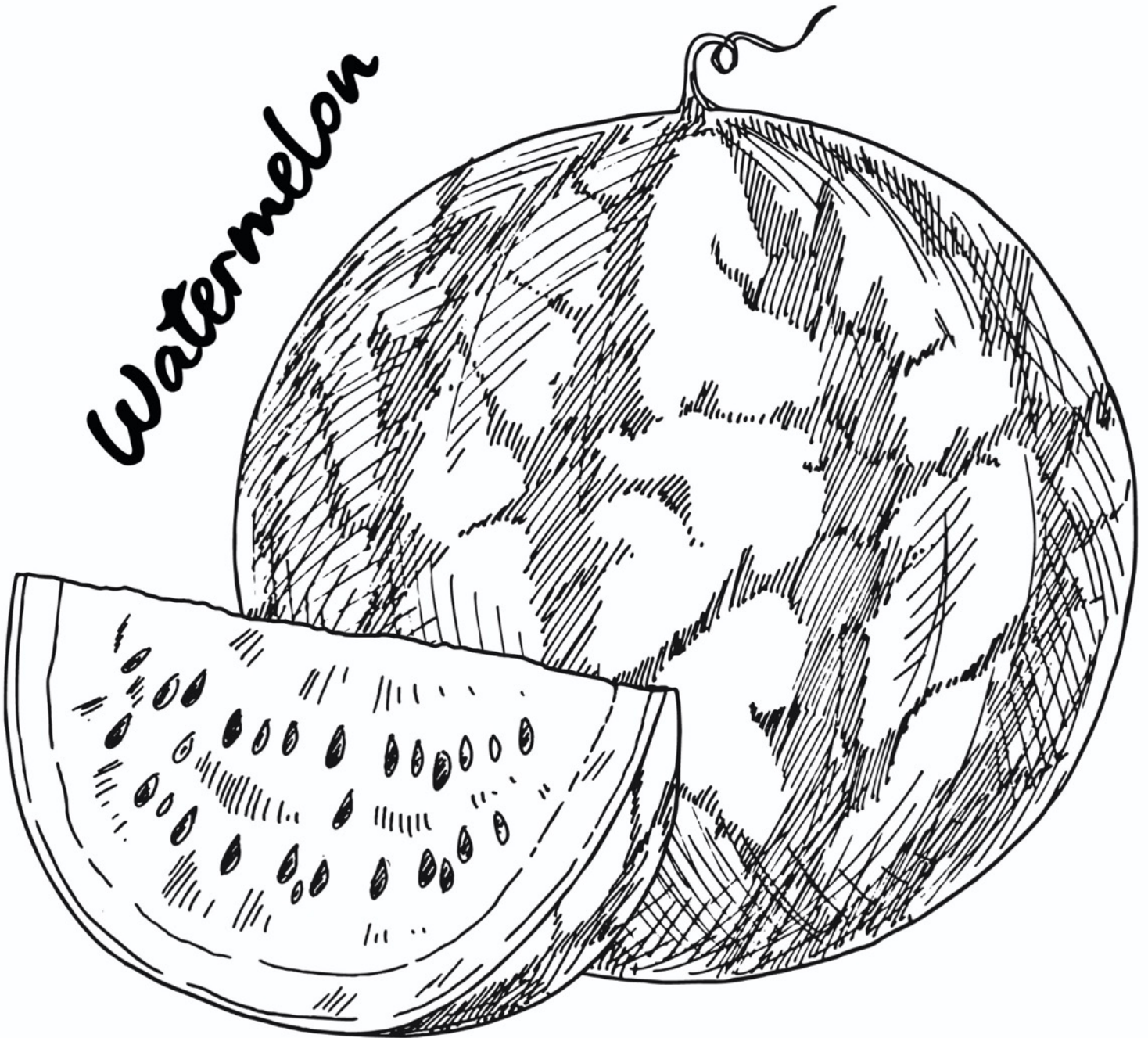
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Watermelon



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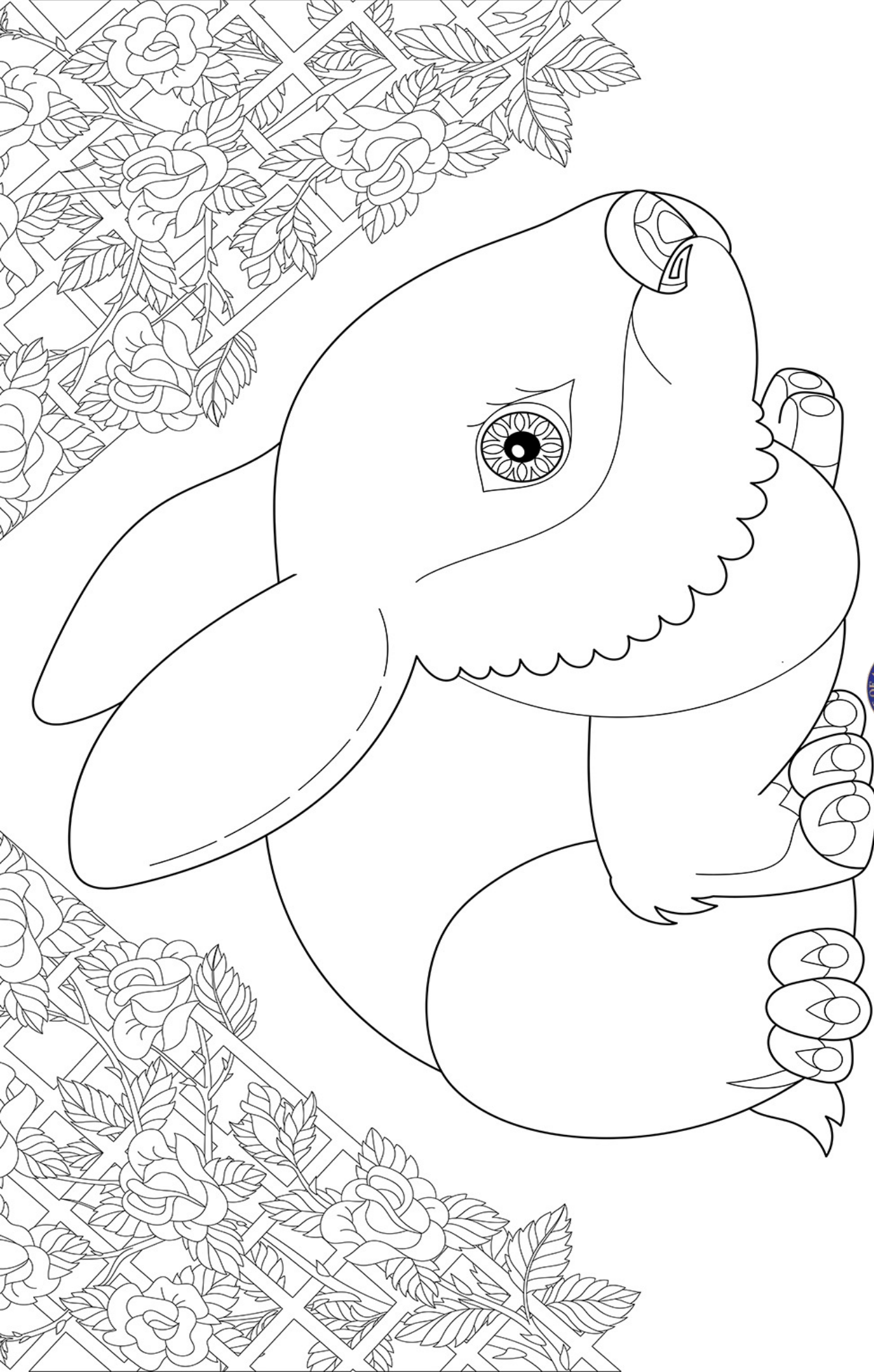
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Word Search

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



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Word Search

Vegetables

B	T	U	O	D	A	C	O	V	A	C	S	A	P	BROCCOLI
R	P	S	T	M	D	E	V	I	L	O	D	A	E	OLIVE
U	O	P	E	R	R	T	A	O	B	L	E	C	G	CORN
S	I	I	O	T	A	M	O	T	I	A	M	E	G	BRUSSELS
S	O	N	E	N	O	V	L	T	R	C	T	L	P	TOMATO
E	T	A	S	N	E	C	N	I	N	A	C	E	L	LENTIL
L	A	C	P	O	D	E	T	E	E	R	O	R	A	ENDIVE
S	T	H	E	I	L	I	R	R	C	R	R	Y	N	CELERY
O	O	D	A	A	C	O	V	L	L	O	N	T	T	CHICKPEA
N	P	I	S	E	T	A	W	E	E	T	M	O	V	SPINACH
I	L	G	G	A	R	L	I	C	O	Y	A	N	R	ONION
O	N	I	L	O	C	C	O	R	B	Y	Y	N	I	GARLIC
N	L	M	A	E	P	K	C	I	H	C	L	U	E	AVOCADO
P	C	H	O	S	A	O	E	O	E	O	P	O	B	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



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Word Search

Fruits

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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



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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



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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:

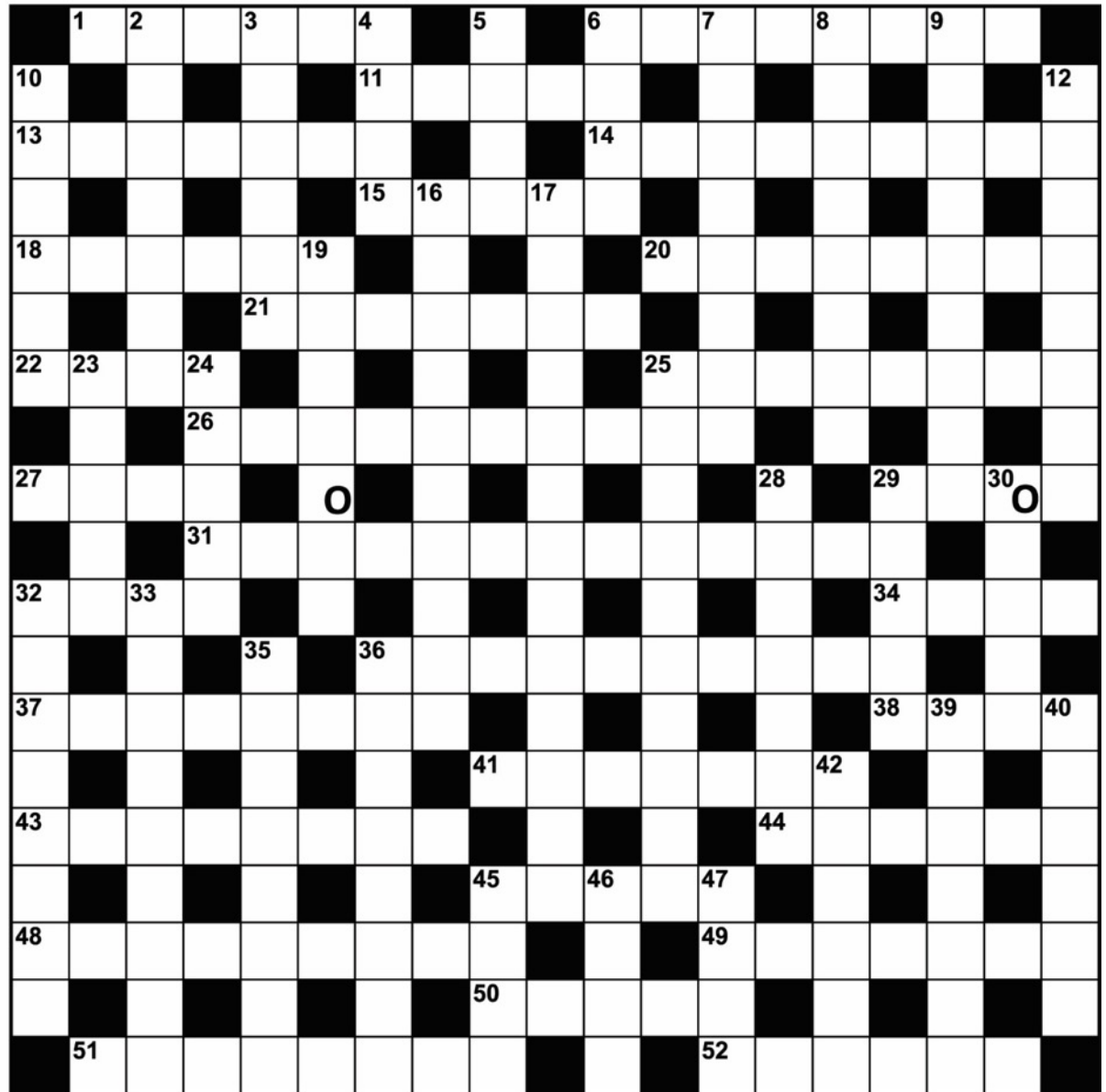
ASK ME
ASSET
KYZYL
OKAPI
ORBIT
RHINO
RHYME
TROVE

6 letters:

ANIMAL
BANANA
EASILY
LIMITS
MODEMS
RIDGED
SPATES
THREAD

7 letters:

AUSTRIA
DISPOSE



8 letters:

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	E	8	6	7	
4	9	4	10	9	11	12	13	2	5	14	9	15		8	N		11		16
	1		9		17		11		5		6		6	17	T	2	5	10	7
3	9	10	18	15	14	11	15	11	10	2	17	7		9	I		14		19
	20		7		7		15		9		7	21	7	13	R	15	9	6	7
22		23		15	13	11	11	18	7	20		17		7	E		6		10
11	24	13	6		9		10		20	11	11	13	5	10	L	2	17	7	
11		11		2	8	17	9	15		9		7		25	Y		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		
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	E	8	9	10	L	11	12	13
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=M, 20=W, 21=X, 22=Z, 23=F, 24=U, 25=Y, 26=Q.



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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

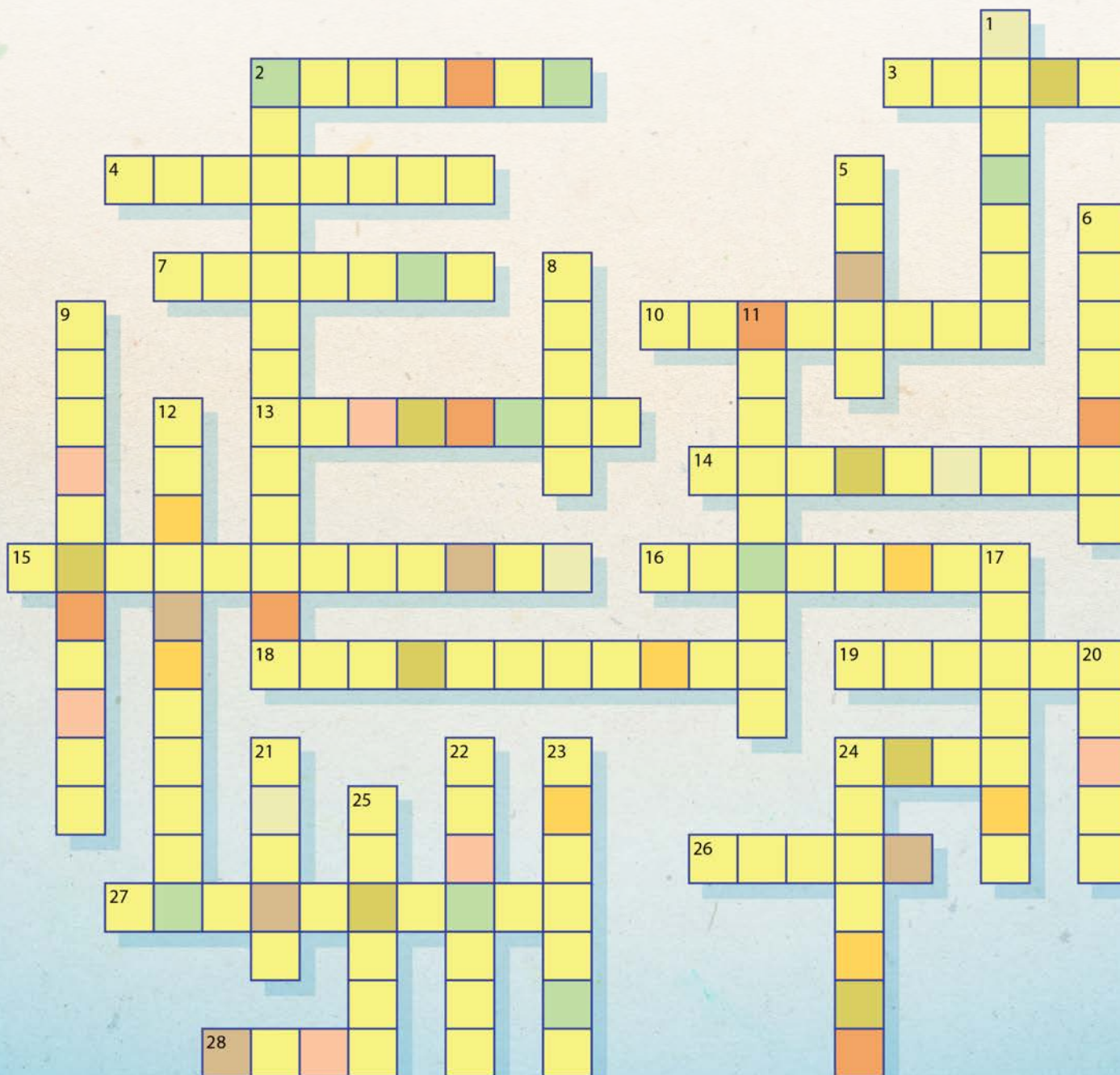
7 14 16 25

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!



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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