



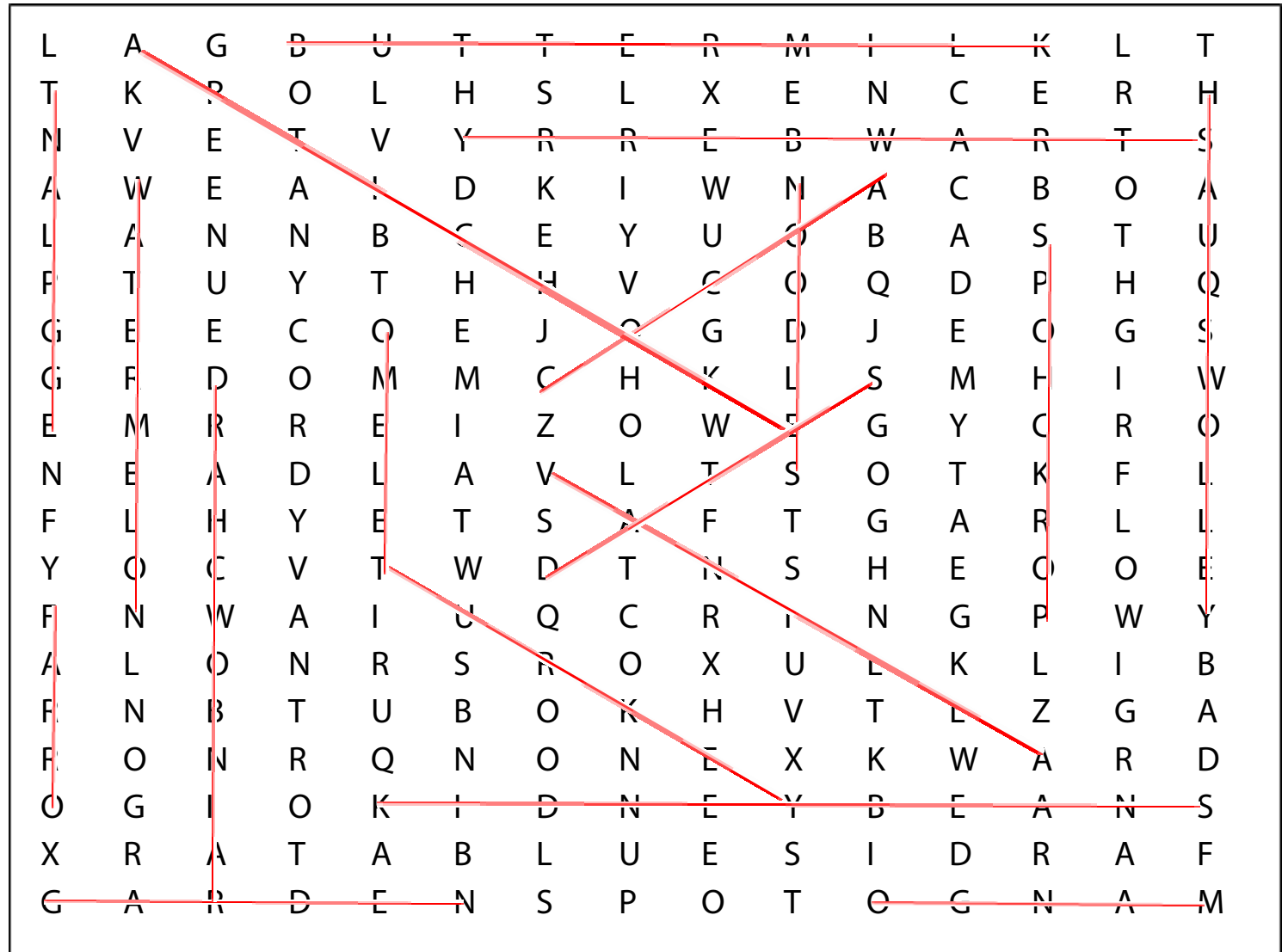
Word Search for Adults

Words may be horizontal, vertical, diagonal or backwards.

1. Artichoke
2. Buttermilk
3. Cocoa
4. Dates
5. Eggplant
6. Farro
7. Garden
8. Kidney Beans
9. Mango
10. Noodles
11. Omelet
12. Pork Chops
13. Rainbow Chard
14. Strawberry
15. Turkey
16. Vanilla
17. Watermelon
18. Yellow Squash

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

Word Search for Adults





Word Search for Kids

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National Nutrition Month®
March 2020

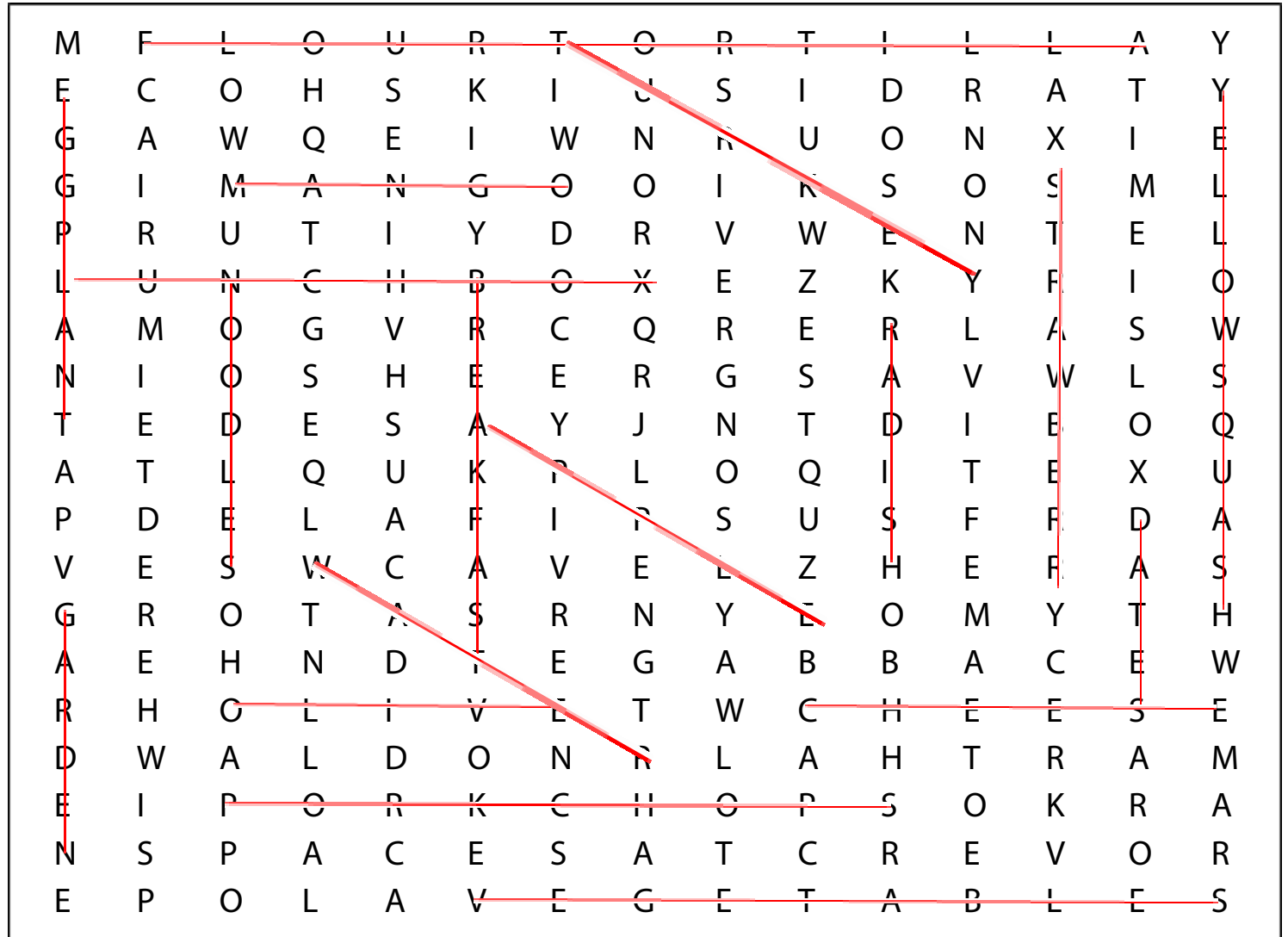
 Academy of Nutrition
and Dietetics

Words may be horizontal, vertical or diagonal.

1. Apple
2. Breakfast
3. Cheese
4. Dates
5. Eggplant
6. Flour tortilla
7. Garden
8. Lunchbox
9. Mango
10. Noodles
11. Olive
12. Pork chops
13. Radish
14. Strawberry
15. Turkey
16. Vegetables
17. Water
18. Yellow squash

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

Word Search for Kids



Nutrition Sudoku Moderate

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 L through T to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

				Lemon	Nuts			Shrimp
Shrimp				Tomato		Milk		
	Radish					Tomato		Lemon
		Quinoa	Tomato		Milk		Shrimp	
Tomato		Nuts		Omelet	Lemon		Pumpkin	
		Radish	Pumpkin					Tomato
	Tomato	Milk	Lemon	Pumpkin			Nuts	Omelet
Omelet	Quinoa				Tomato			
	Nuts	Shrimp				Lemon		

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National Nutrition Month®
March 2020

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**Don't Look Yet!
These Are the
Sudoku Answers:**

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ᵀ	ᵀ	ᵀ	ᵀ	ᵀ	ᵀ	ᵀ	ᵀ	ᵀ
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ᵀ	ᵀ	ᵀ	ᵀ	ᵀ	ᵀ	ᵀ	ᵀ	ᵀ
ᵀ	ᵀ	ᵀ	ᵀ	ᵀ	ᵀ	ᵀ	ᵀ	ᵀ

- L Lemon
- M Milk
- N Nuts
- O Omelet
- P Pumpkin
- Q Quinoa
- R Radish
- S Shrimp
- T Tomato

Nutrition Sudoku Easy

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 L through T to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

Quinoa		Omelet	Radish		Pumpkin	Lemon	Tomato	
Lemon	Nuts				Quinoa	Radish		
Shrimp				Omelet		Milk	Nuts	
	Radish	Lemon			Omelet	Pumpkin		Milk
	Omelet			Pumpkin		Tomato		Nuts
		Pumpkin	Tomato	Milk	Lemon			
		Shrimp		Lemon				Pumpkin
Omelet				Radish	Milk		Quinoa	
		Milk	Omelet			Nuts		Lemon

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March 2020

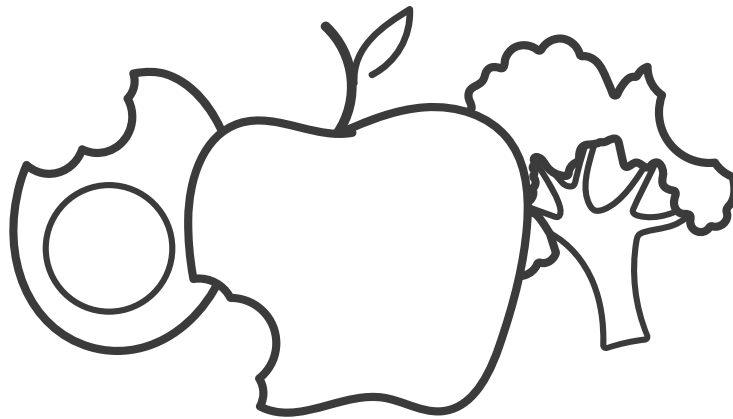
Don't Look Yet!
These Are the
Sudoku Answers:

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

- L Lemon
- M Milk
- N Nuts
- O Omelet
- P Pumpkin
- Q Quinoa
- R Radish
- S Shrimp
- T Tomato

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National Nutrition Month[®]
March 2020

www.eatright.org



FACT OR FICTION?

National Nutrition Month® 2020 Quiz

Circle the correct answer.

1. A healthy eating style includes a limited number of foods. **FACT OR FICTION?**
2. Vegetable oils are an appropriate substitute for solid fats. **FACT OR FICTION?**
3. Physical activity must be done for at least 10 minutes in order for it to be considered beneficial as a form of exercise. **FACT OR FICTION?**
4. Portion sizes and serving sizes are the same thing. **FACT OR FICTION?**
5. It is recommended that calories from added sugars be limited to less than 10% of calories per day. **FACT OR FICTION?**
6. At least half the grains eaten daily should be whole grains. **FACT OR FICTION?**
7. One cup of calcium-fortified soymilk is considered one cup from the Dairy Group. **FACT OR FICTION?**
8. Meals that include seafood are recommended weekly. **FACT OR FICTION?**
9. Most Americans get enough dietary fiber on a daily basis. **FACT OR FICTION?**
10. Everyone needs the same amount of calories, which is 2,000 calories per day. **FACT OR FICTION?**

FACT OR FICTION?

National Nutrition Month® 2020 Quiz

Answers

1. A healthy eating style includes a limited number of foods.

FICTION: A variety of nutritious foods from all of the food groups can make up a healthy eating style. Visit **ChooseMyPlate.gov** for more information.

2. Vegetable oils are an appropriate substitute for solid fats.

FACT: Solid fats have higher amounts of saturated fat and/or trans fats, which may increase the risk of heart disease. In comparison, oils provide more unsaturated fats, which are healthier.

3. Physical activity must be done for at least 10 minutes in order for it to be considered beneficial as a form of exercise.

FICTION: Although there are additional health benefits with increased physical activity, all activity counts, so make a goal to move more throughout the day. For more information, check out the **Move Your Way** website at: <https://health.gov/moveyourway>.

4. Portion sizes and serving sizes are the same thing.

FICTION: A portion is the amount you choose to eat or drink; whereas a serving size is used as a reference for what counts as a serving from one of the MyPlate food groups or the amount indicated on a Nutrition Facts label.

5. It is recommended that calories from added sugars be limited to less than 10% of calories per day.

FACT: Include healthier choices from the MyPlate food groups in place of foods and drinks with added sugars to better meet your nutrient needs.

6. At least half the grains eaten daily should be whole grains.

FACT: Due to the health benefits associated with whole grains, it is recommended that at least half of the daily recommended servings be from whole grain sources. An example would be substituting brown rice in place of white rice.

7. One cup of calcium-fortified soymilk is considered one cup from the Dairy Group.

FACT: Calcium-fortified soymilk is an option in the Dairy Group for people who choose not to consume milk, such as vegetarians.

8. Meals that include seafood are recommended weekly.

FACT: Fish and seafood provide important nutrients, including omega-3 fatty acids. Choose varieties that are lower in mercury, such as salmon and cod. "Advice about Eating Fish" is available for young children and women who are pregnant or breastfeeding. For more information, visit: <https://www.fda.gov/food/consumers/advice-about-eating-fish>.

9. Most Americans get enough dietary fiber on a daily basis.

FICTION: It is estimated that most people in the U.S. only consume half of the recommended amount of dietary fiber daily. Good sources include fruits, vegetables, and whole grains.

10. Everyone needs the same amount of calories, which is 2,000 calories per day.

FICTION: Although 2,000 calories per day can be found on the Nutrition Facts label and on menus, this is only used for general advice. Visit **ChooseMyPlate.gov** to create a MyPlate Plan, which includes food group targets based on your individual calorie needs or meet with a registered dietitian nutritionist for personalized nutrition guidance. To locate an RDN in your area, visit www.eatright.org.

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National Nutrition Month®
March 2020

Crossword Puzzle

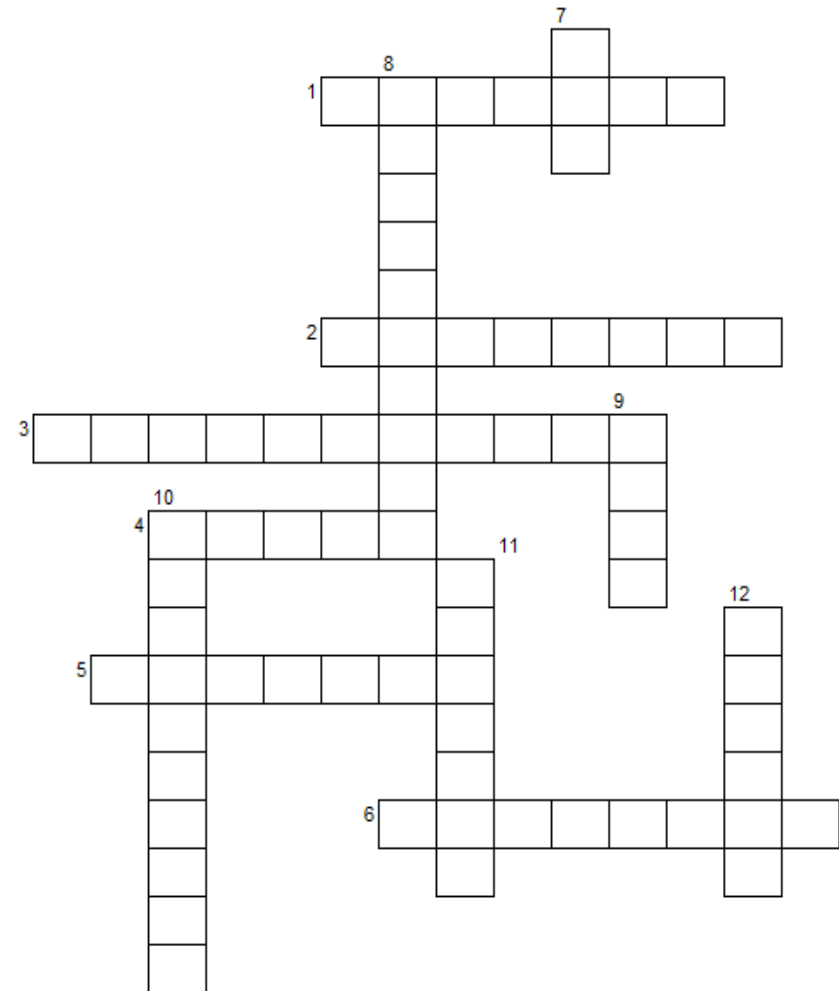


Across:

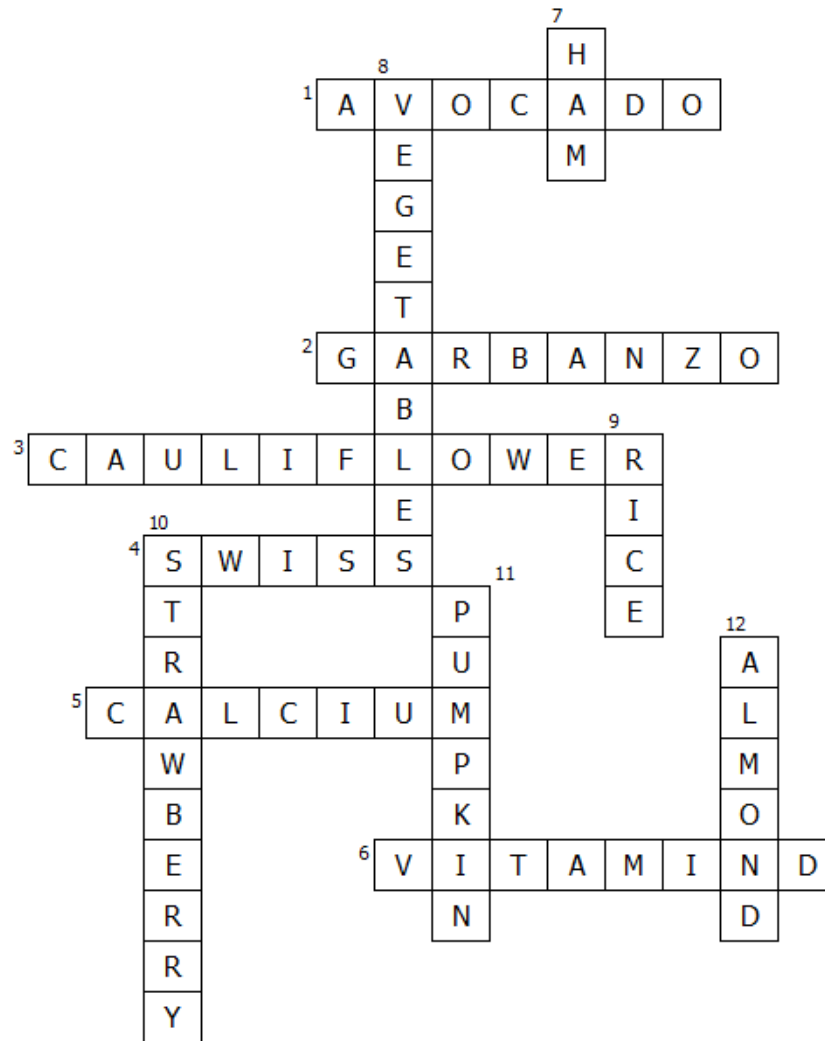
- In the United States, the _____ is mainly grown in California and Florida. They might be eaten sliced, diced or mashed, like in guacamole.
- This light colored, round bean is a main ingredient in hummus. Some people also know these beans as chickpeas.
- When eaten raw, _____ is a crunchy white vegetable. It also looks similar to broccoli.
- _____ cheese is pale-yellow in color and a popular addition to sandwiches. It's also well-known for its large and small holes.
- This mineral is essential for healthy bones and teeth. It's found in dairy products, some leafy green vegetables and fish with soft bones.
- Sometimes known as the sunshine vitamin, _____ is found in fortified milk and soy beverages and some types of fatty fish.

Down:

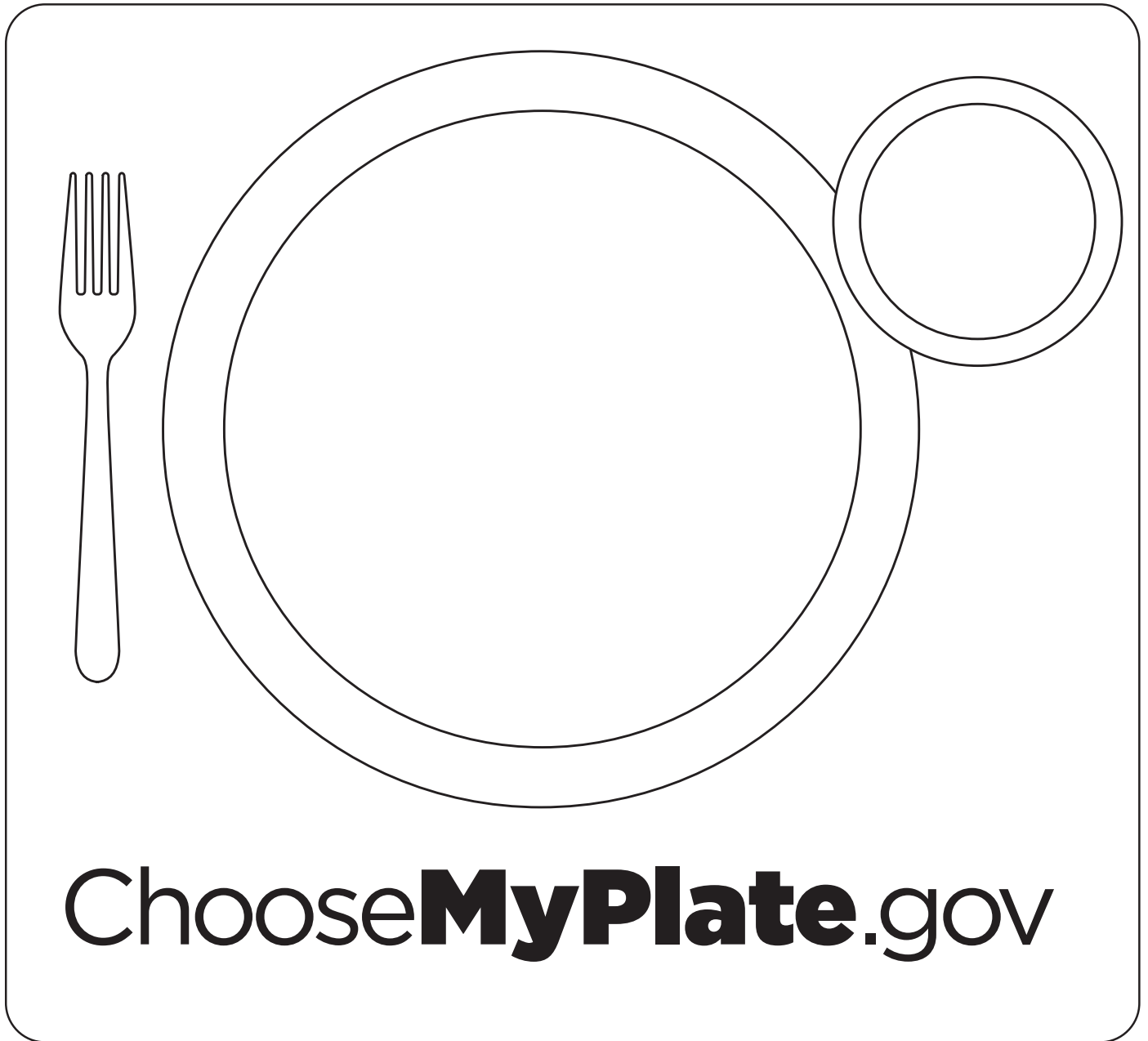
- Turkey and _____ are both popular choices for lunch meats and holiday dinners.
- MyPlate recommends filling half our plates with fruits and _____.
- This grain plays an important part in many eating styles all over the world. It may be brown or white, and is often grown in marshy areas.
- This juicy red berry has small black seeds on the outside and a leafy green crown. They can be eaten plain or added to a variety of foods, such as cereal, waffles, smoothies and yogurt.
- Many people like to carve this orange squash at Halloween. It can also be eaten in a variety of ways but is known for being baked into pies or made into soups.
- This nut grows in a tear-drop shape but you may find it chopped, sliced or ground into a butter - similar to peanut butter.



Crossword Puzzle



Draw Your Healthy MyPlate Meal



My name is _____.