Adult Activity Sheets

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.

Quick Tip:
Consider serving the foods participants see in these activities.
apple
Avocado
melon
Nectarine
Peach
Plum
Watermelon
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 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
Word Search
Kitchen Utensils

- FORK
- KNIFE
- SPOON
- NAPKIN
- PLATE
- POT
- SAUCER
- GLASS
- CUP
- CUTLERY
- FINGERBOWL
- PAN
- SPATULA
- LADLE
Word Search
More Fruit

ELTAOCMNRYUEAP
CLOYTGERIHHLHG
RBICROTEGPEDA
NMGAHEGUGOALRL
EELPHENNANAELUE
AHECPLEOALTALM
ANANABACRMMPRY
YATOMATOOPAIMA
EGDLAULCLAORVV
TGOEPEENO
LEMONA
AGMMMMHCGGGYNLRU
DELOCVRNLHNGEG
EMPLRHRAPEROHNP
LCNOLLALATGMPN

GRAPE PLUM MELON APPLE ORANGE PEAR LEMON POMELO COCONUT TOMATO BANANA CHERRY DATE GUAVA LYCHEE LIME MANGO
Word Search
Herbs and Spices

NUTMEG
Word Search
More Vegetables

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

8 letters:
LICENSE
PASTIME
ALLERGEN
ALLIANCE
AUGSBURG
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.
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.
Code breakers

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

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