

NUTRITION FOODLE

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- **Health Skills:** I will discuss the importance of eating nutritious food.
- **Nutrition Education:** I will identify foods that promote good health.
- **Social & Emotional Learning:** I will demonstrate behaviors that help to create a positive learning environment.

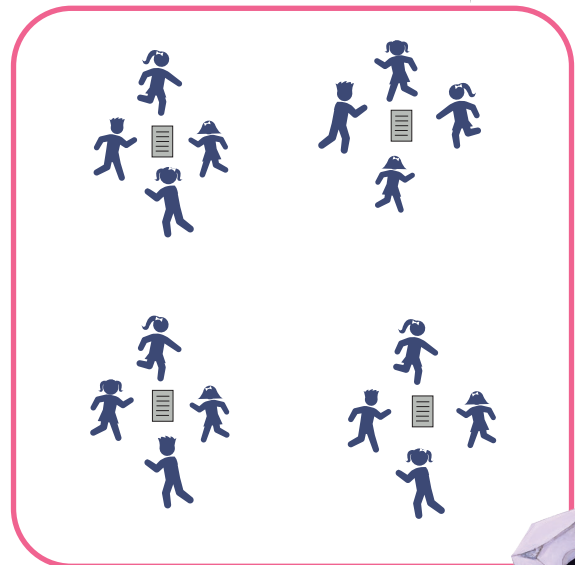
LEARNING TARGETS

What you need...

- Foodle Cards
- Nutrition Education Food Word Lists
- Pencils
- Use a computer and LCD projector to play in large groups.

How to set it up...

- Create pairs or teams for students to play and discuss concepts together.
- Give each team a Foodle Card and a pencil.
- Watch this [YOUTUBE Demonstration](#) of how to play Wordle. (Wordle is the game that this activity is based on.)



This activity is Nutrition Foodle!

- The object of this game is for you and your teammates to solve the puzzle in 6 (or fewer) guesses. The teacher will choose 1 word for the entire class to guess.
- On the start signal, everyone will begin making their guesses by writing a word in the first row of boxes. The teacher will quickly look at the guesses and tell each group which letters are in the correct spaces, which letters appear in the word but are not in the correct spaces, and which letter do not appear at all. Use your Foodle Card to keep track of all of your guesses.
- Use the new clues to continue this process until the word is guessed correctly, or all groups take all 6 of their guesses.



HOW TO PLAY

Discussion Questions

- What makes a food nutritious? Why is it important to eat nutritious foods?
- Can you make a list of 10 foods that promote good health?
- Can you put each of those foods in the correct food group?

Universal Design Suggestions

- This game can be played in large groups or in centers. If played in centers choose a word official.
- Give students contextual clues that can help them solve the puzzle. For example, if the word is APPLE – tell students that the clue is a fruit.

Start in Row 1. Guess the word. Get letter clues from the Foodle Captain. Guess again in Row 2.
Continue until you've guessed the word, or you've used all 6 rows.

1				
2				
3				
4				
5				
6				

q w e r t y u i o p
a s d f g h j k l
z x c v b n m

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Nutrition Foodle Puzzle Words

4-Letter Words

PEAR

FOOD

CORN

FISH

MILK

OATS

PLUM

RICE

BEET

KALE

KIWI

LEEK

LIME

TOFU

5-Letter Words

FRUIT

DAIRY

APPLE

GRAIN

BREAD

BERRY

MELON

GRAPE

LEMON

MANGO

OLIVE

PEACH

BEANS

WHEAT