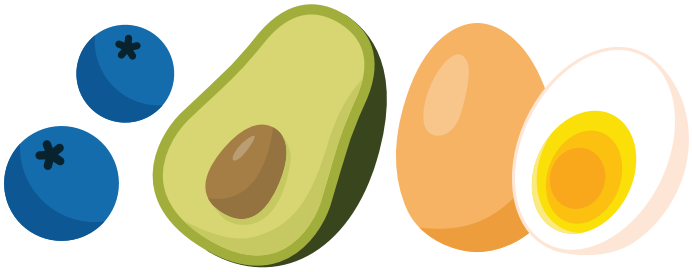

HEALTH, NUTRITION, AND ALLERGY GAMES PACK

AGES 6+

MATCHING AND WORD FIND GAMES

Have fun while learning about heart-healthy foods, brain-healthy foods, and common allergies!

AGES 10+

NUTRITION AND ALLERGY WORD GAMES

Learn about macronutrients, healthy heart and brain foods, and common allergies with word jumbles, crosswords, and more!

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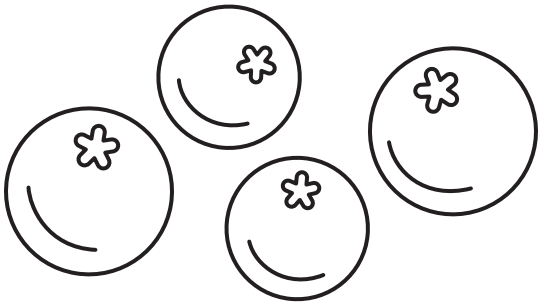
HEALTHY BRAIN FOOD COLORING SHEETS

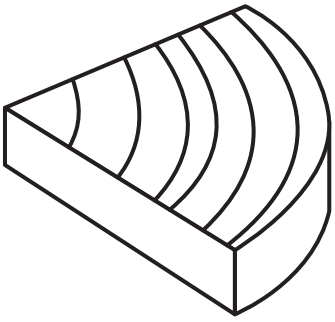
RECOMMENDED AGE: **6+**

Your brain is the powerful control center of your body, letting you think and breathe and sense everything in the world around you. Since it is so important for your life, it is also important to eat foods that help your brain be as healthy as possible. **Learn about each brain-healthy food as you color them below.**

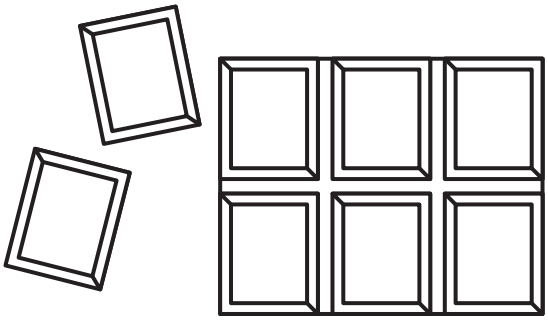


The antioxidants in blueberries can help brain cells communicate with each other better, delay memory loss, and reduce effects of some brain diseases.

Leafy greens like kale and spinach contain many brain-healthy nutrients that can slow the brain's decline in old age.



Essential fatty acids aren't made in the body, so you have to get it from your diet by eating oily fish like salmon and tuna. These fatty acids can make your memory better and lower risks of some brain diseases.



Even though dark chocolate is more bitter, it is actually good for you to eat! The antioxidants in it can improve blood flow to the brain and boost your mood and focus.

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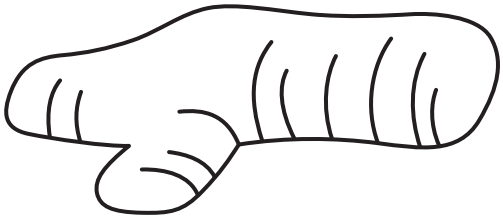
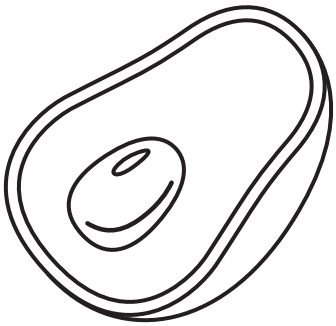


The bright yellow spice called turmeric can help boost your mood and memory, and the amount of oxygen your brain gets.

People who eat lots of nuts and seeds have better brain function when they get old because nuts and seeds have good fatty acids, antioxidants, and a lot of vitamin E, which helps protect brain cells.



The good fats in avocados promote healthy blood flow and support nerves in the brain. They have many of the brain's most valued nutrients like vitamin C and copper!

Beans keep your blood sugar levels stable while providing the brain fuel. Beans also have tons of brain-friendly nutrients like folate, which can help prevent brain disorders.

Sources: https://americanbrainsociety.org/10-superfoods-to-boost-brain-power/ and https://www.health.harvard.edu/mind-and-mood/foods-linked-to-better-brainpower

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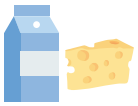
FOOD ALLERGY & SENSITIVITY MATCHING ACTIVITY

RECOMMENDED AGE: **7+**

Hundreds of millions of people all around the world have food allergies and sensitivities. In fact, 1 in 10 people are allergic to at least one food in the United States. Since bad reactions to foods can be life-threatening or have a big impact on a person's health, it's important for everyone to understand more about the topic. **Match the pictures and clues by drawing a line between the correct pairs.**



- This everyday breakfast food is one of the most common things that cause food allergies.
- Sometimes it can take up to this many days after eating a food for symptoms to appear.
- People who are lactose intolerant cannot eat or drink these products produced by cows.
- People who have to avoid most pastas and breads are reacting to this ingredient.
- A shellfish allergy means you shouldn't eat this.
- Anaphylaxis can be a life-threatening allergic reaction that can make it hard for a person to breathe when this body part narrows.
- These crunchy foods are most often linked to anaphylaxis
- An injection from this item can save the life of someone having a severe allergic reaction.
- You have to be careful when eating Asian food if you are allergic to this ingredient.
- Someone with food allergies or sensitivities should always check these when buying food at a store.

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ANSWER KEY:

FOOD ALLERGY AND SENSITIVITY MATCHING ACTIVITY

This everyday breakfast food is one of the most common things that cause food allergies.

Sometimes it can take up to this many days after eating a food for symptoms to appear.

People who are lactose intolerant cannot eat or drink these products produced by cows.

People who have to avoid most pastas and breads are reacting to this ingredient.

A shellfish allergy means you shouldn't eat this.

Anaphylaxis can be a life-threatening allergic reaction that can make it hard for a person to breathe when this body part narrows.

These crunchy foods are most often linked to anaphylaxis

An injection from this item can save the life of someone having a severe allergic reaction.

You have to be careful when eating Asian food if you are allergic to this ingredient.

Someone with food allergies or sensitivities should always check these when buying food at a store.

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HEALTHY HEART WORD FIND

RECOMMENDED AGE: **7+**

Having a healthy heart is so important. Below is a list of foods that are good for your heart. **Circle them in the Word Find below!** The words are written either left-to-right, up-and-down, or diagonally.

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

kale
brown rice
green tea
chickpeas
blackberries

olive oil
tomatoes
salmon
walnuts
spinach

quinoa
avocados
black beans
flaxseeds

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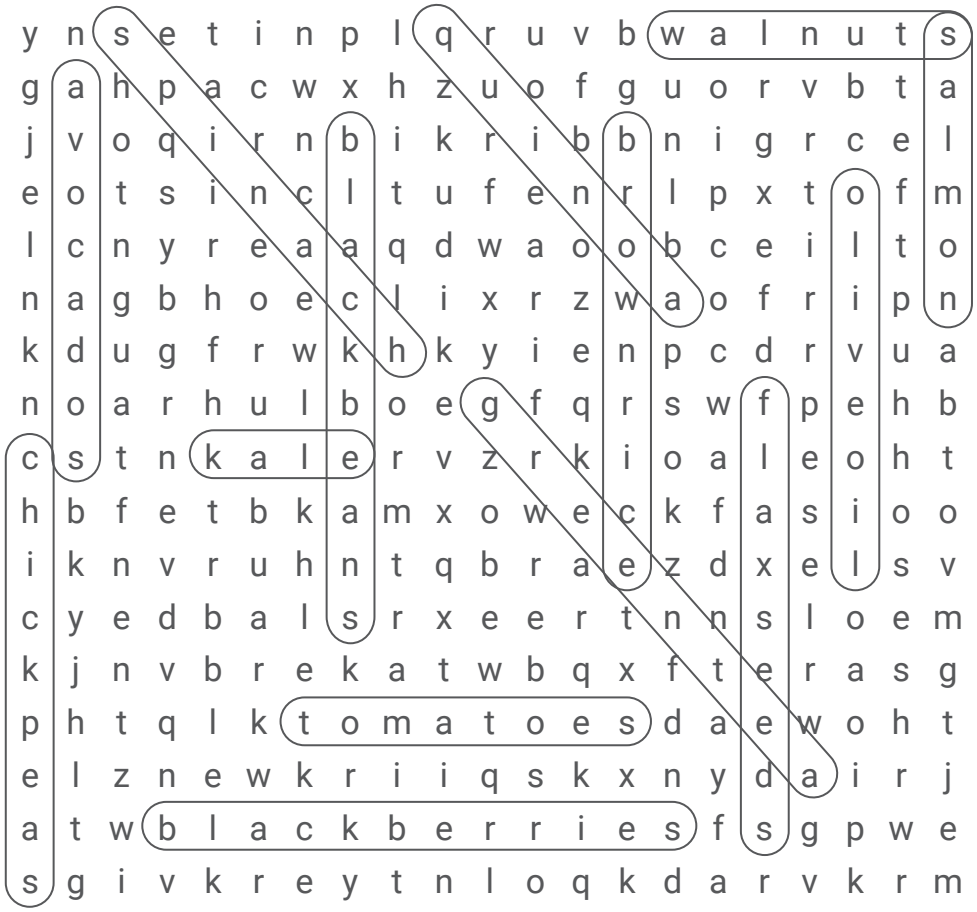
ANSWER KEY:

HEALTHY HEART WORD FIND



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HEALTHY HEART WORD JUMBLE

RECOMMENDED AGE: **11+**

Having a healthy heart is so important. **Discover many foods that are good for your heart by putting the jumbled letters in the right order below.** If you get stuck and want a hint to help you un-jumble any of the words, check the Hint Sheet for a picture clue.

LKAE

_ _ _ _

LSOMAN

_ _ _ _ _ _

NWROB ECIR

_ _ _ _ _ _ _ _ _ _

NULASWT

_ _ _ _ _ _ _

ENRGE AET

_ _ _ _ _ _ _ _ _

HCSIPNA

_ _ _ _ _ _ _

CSEAHIKPC

_ _ _ _ _ _ _ _ _

SOOCADAV

_ _ _ _ _ _ _ _

LABKBRICESER

_ _ _ _ _ _ _ _ _ _ _ _

KALCB NEBAS

_ _ _ _ _ _ _ _ _ _

VELIO LIO

_ _ _ _ _ _ _ _

SELEDAXSF

_ _ _ _ _ _ _ _ _

TASOMEOT

_ _ _ _ _ _ _ _

NOQUAI

_ _ _ _ _ _

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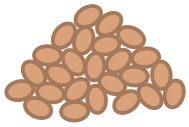
HINT SHEET:

HEALTHY HEART WORD JUMBLE

LKAE

LSOMAN



NWROB ECIR

NULASWT

ENRGE AET

HCSIPNA

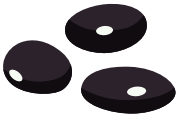
CSEAHIKPC

NOQUAI

LABKBRICESER

SOOCADAV

VELIO LIO



KALCB NEBAS

TASOMEOT

SELEDAXSF

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ANSWER KEY:
HEALTHY HEART WORD JUMBLE

kale
brown rice
green tea
chickpeas
blackberries
olive oil
tomatoes
salmon
walnuts
spinach
quinoa
avocados
black beans
flaxseeds

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BRAIN FOOD WORD FIND

RECOMMENDED AGE: **10+**

Your brain is the powerful control center of your body, letting you think and breathe and sense everything in the world around you. Since it is so important for your life, it is also important to eat foods that help your brain be as healthy as possible. **Learn about each brain-healthy food as you find and circle it in the Word Find.** Words are written either left-to-right, up-and-down, or diagonally.

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

blueberries
kale
broccoli
wild salmon
dark chocolate
turmeric
walnuts
flaxseed
avocados
beans

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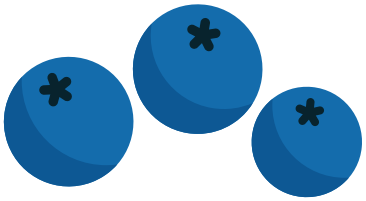
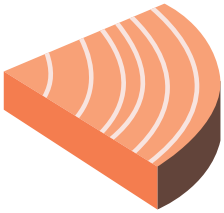
FUN FACTS ABOUT BRAIN FOODS!



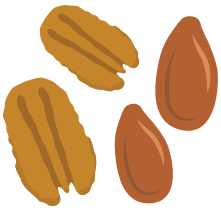
blueberries

The antioxidants in blueberries can help delay short term memory loss, improve communication between brain cells, and reduce effects of conditions like Alzheimer's disease.



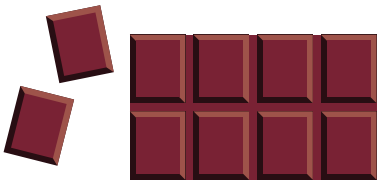
wild salmon

Essential fatty acids aren't made in the body, so you have to get it from your diet by eating oily fish like salmon and tuna. The fatty acids can help enhance memory and lower risks of dementia.



walnuts and flaxseed

Studies have found that people who eat lots of nuts and seeds have better brain function in older age. Nuts and seeds have good fatty acids, antioxidants, and a lot of vitamin E, which helps protect your brain cells.



dark chocolate

Even though dark chocolate is more bitter, it is actually good for you to eat! The antioxidants in it can improve blood flow to the brain, reduce inflammation, fight the effects of aging, and boost mood and focus.

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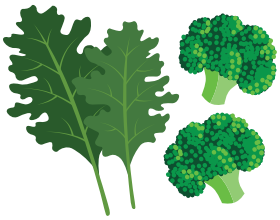
turmeric

This bright yellow spice can help boost your mood, memory, and the amount of oxygen your brain intakes.

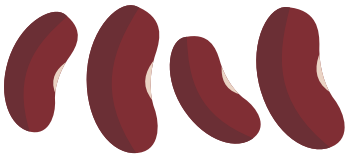


kale and broccoli

Leafy greens have many brain-healthy nutrients like vitamin K and beta carotene, which can help slow cognitive decline.

avocados

The good fats in avocados help promote healthy blood flow and support information-carrying nerves in the brain. They are also loaded with several of the brain's most valued nutrients like vitamin C and copper!



beans

Beans stabilize blood sugar levels while providing the brain with its preferred fuel: glucose. Beans also have tons of brain-friendly nutrients like folate, which, if you don't get enough in your diet, can lead to neurological disorders.

Sources: https://americanbrainsociety.org/10-superfoods-to-boost-brain-power/ and https://www.health.harvard.edu/mind-and-mood/foods-linked-to-better-brainpower

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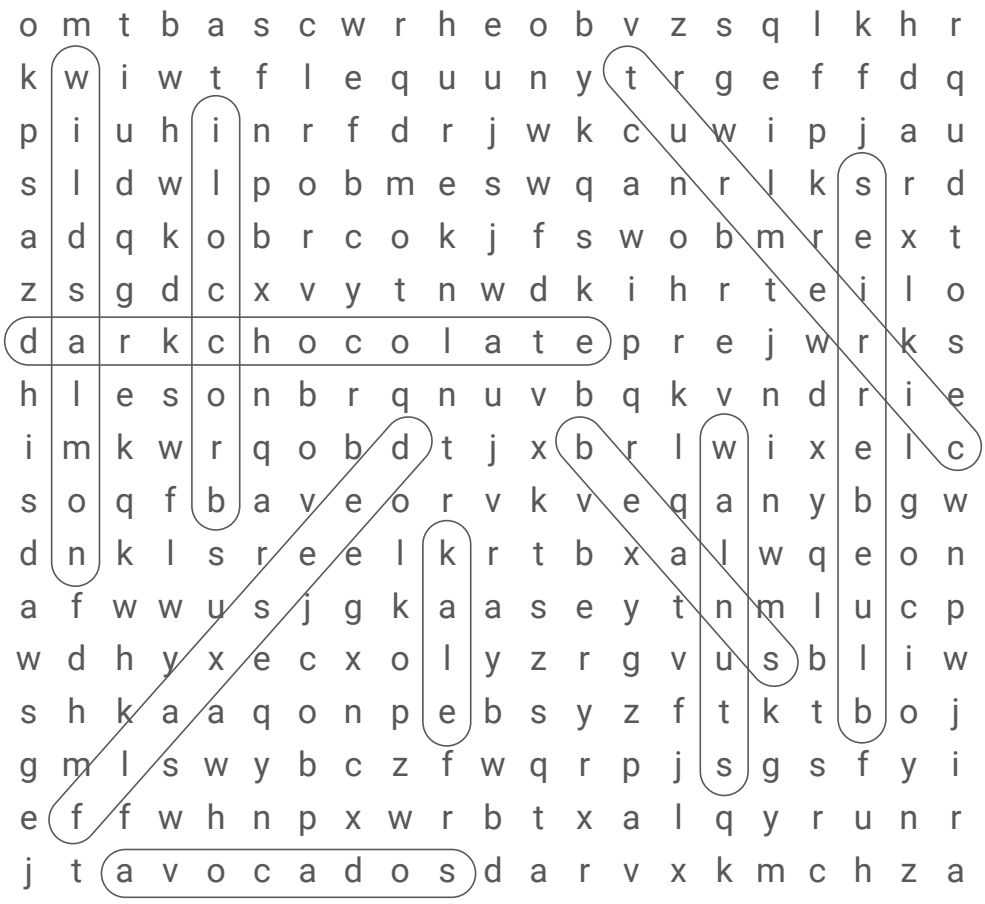
ANSWER KEY:

BRAIN FOOD WORD FIND



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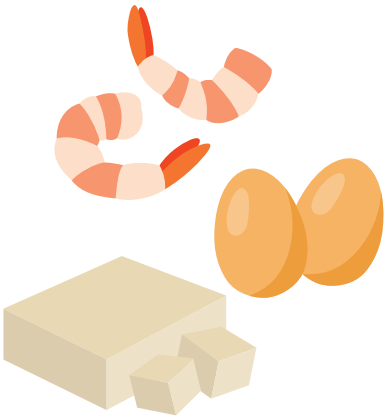
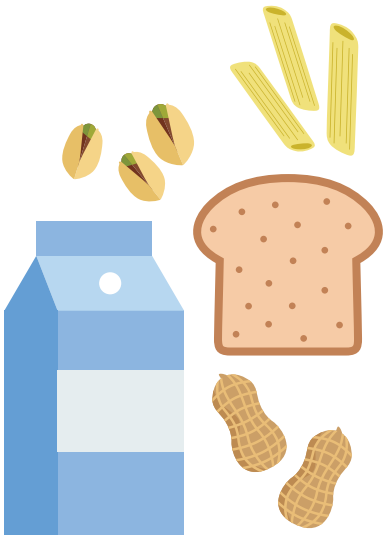
FOOD ALLERGY & SENSITIVITY CROSSWORD

RECOMMENDED AGE: **11+**

Hundreds of millions of people all around the world have food allergies and sensitivities. In fact, 1 in 10 people are allergic to at least one food in the United States. Since reactions to foods can be life-threatening or have a big impact on a person's health, it's important for everyone to understand more about the topic. So, let's learn the difference between a food sensitivity and an allergy before jumping into this important crossword!

A **food sensitivity** is also called a food intolerance and means that a person's stomach and intestines has difficulty digesting a particular food. This can lead to symptoms like nausea, abdominal pain, bloating, headache, or diarrhea.





A **food allergy** involves the immune system and happens when the body identifies a particular food as a danger and triggers a protective response. This can lead to symptoms like rashes, wheezing, trouble swallowing, dizziness, vomiting, stomach pain, and trouble breathing. Food allergy reactions can get more or less severe over time and even a microscopic amount of a food has the potential to lead to a life-threatening reaction.

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Now that you know more about food sensitivities and allergies,
fill in the crossword puzzle using the clues below.

Across

4. An injection from this item can save the life of someone having a severe allergic reaction.
7. If you get a rash, stomachache, or stuffy or runny nose after eating Asian food, you may be allergic to this ingredient.
10. When people with this condition are exposed to gluten, their immune system attacks the small intestines.
11. For those with fructose intolerance, their blood cannot efficiently absorb the carbohydrate fructose, which is naturally found in _____ and _____.
13. People who are lactose intolerant cannot eat or drink these products.
15. These foods are one of the allergens most often linked to anaphylaxis.
16. FODMAPs are a group of short-chain _____ found in many foods and can cause digestive distress.

Down

1. Someone with food allergies or sensitivities should always check ingredient _____ and learn other names for the ingredient they must avoid.
2. Anaphylaxis is a severe, potentially life-threatening allergic reaction that can make it hard for a person to _____ and make their blood pressure drop.
3. Some people are sensitive to sulfites, which are chemicals that are often used as preservatives in foods, drinks, and _____.
5. Red 40 and Yellow 5 are _____ that can cause hives, skin swelling, and a stuffy nose in those with a sensitivity.
6. This is the category of food you are allergic to if your mouth itches, you develop hives, or you get a stomachache after eating crab or lobster.
8. The name of proteins found in wheat, barley, rye and triticale.
9. This everyday breakfast food is one of the most common things that cause food allergies, especially during childhood.
12. Alcohol _____ Reaction is caused by an enzyme deficiency and can make a person's face or body turn red after consuming alcoholic beverages.
14. The best way to manage a food allergy or sensitivity is to _____ the food that causes you problems.
15. Sometimes it can take up to _____ days after eating a food for sensitivity or allergy symptoms to appear.

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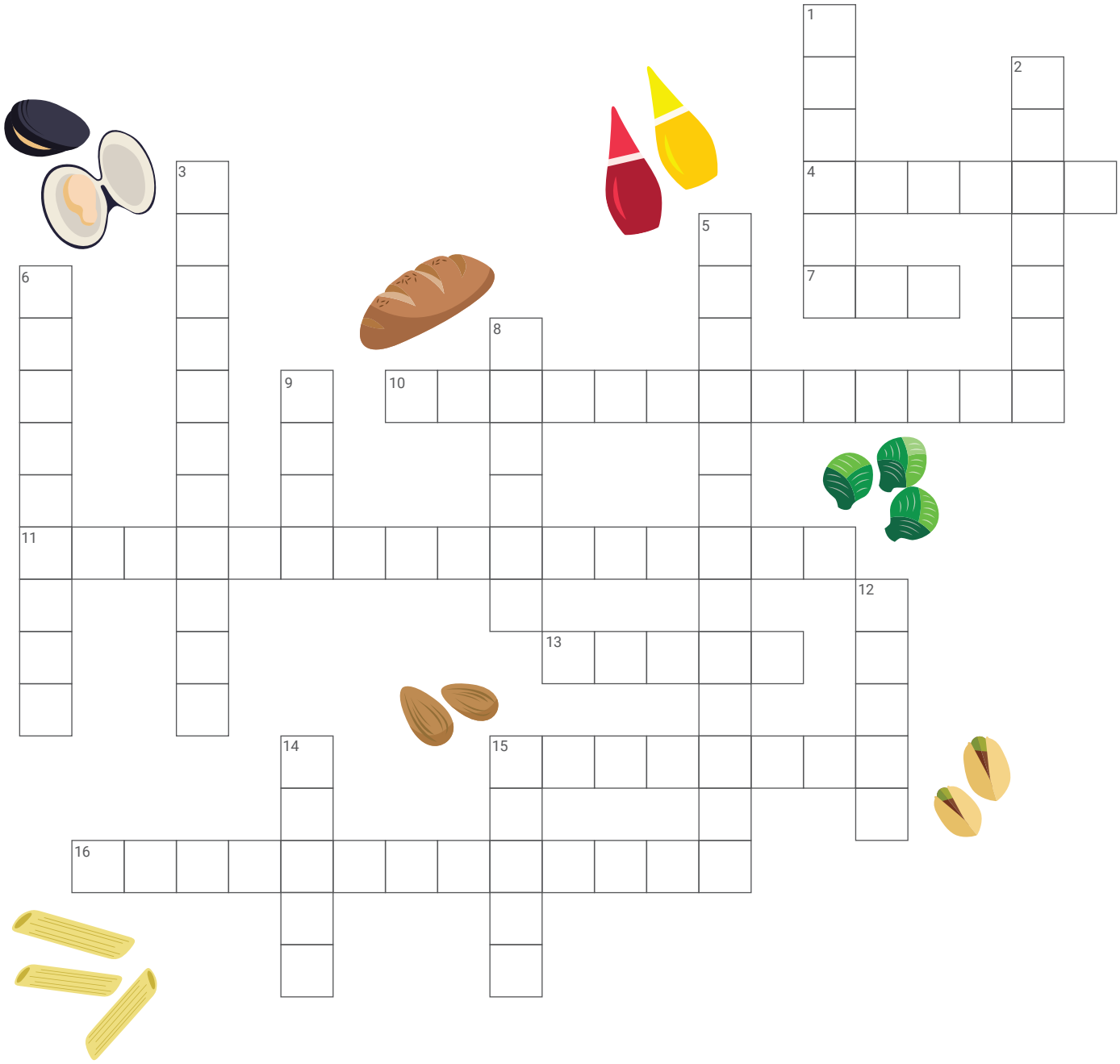

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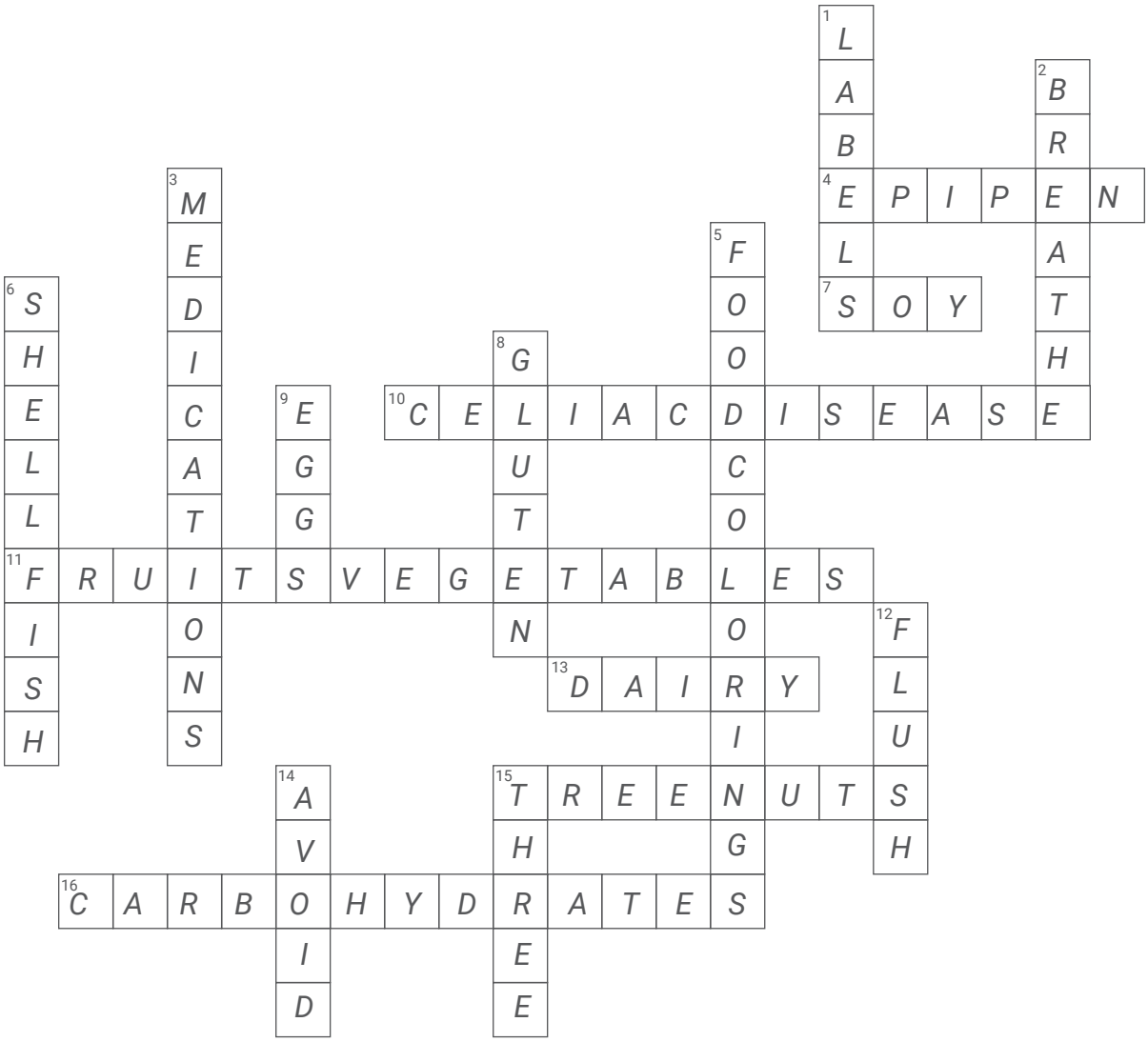
ANSWER KEY:

FOOD ALLERGY AND SENSITIVITY CROSSWORD



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MEGA MACRONUTRIENTS WORKSHEET

RECOMMENDED AGE: **12+**

Macronutrients supply your body with energy and the essential nutrients it needs every day. Learn about the 3 main macronutrients and then use the internet to help you organize the list of foods under each category. (Keep in mind that some foods fit into more than one category!)

Carbohydrates (carbs)

Carbs supply you with energy as they increase your blood sugar levels. There are both simple and complex carbohydrates, but complex carbs are much better for you because they increase blood sugar levels more evenly.

Proteins

Proteins are required for maintaining, replacing, and growing all of your body's tissues.

Fats

Fats are required for hormone production and to help with tissue growth.

(Macrominerals and water are also considered macronutrients because the body needs large quantities of them daily.)

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Categorize these foods:

Honey
Olive oil
Black beans
Lentils
Yogurt
Rice
Bananas
Raisins
Tuna
Butter
Turkey
Eggs
Corn
Tortillas
Potatoes
Cashews
Mangoes
Edamame
Quinoa
Avocados

CARBOHYDRATES	PROTEINS	FATS

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ANSWER KEY:

FOOD ALLERGY AND SENSITIVITY CROSSWORD

CARBOHYDRATES	PROTEINS	FATS
Avocados	*Black beans*	*Avocados*
Bananas	*Cashews*	*Butter*
Black beans	*Edamame*	*Cashews*
Cashews	*Eggs*	*Olive oil*
Corn	*Lentils*	*Tuna*
Honey	*Quinoa*	*Yogurt (excluding low-fat yogurts)*
Potatoes	*Tuna*	
Mangoes	*Turkey*	
Quinoa	*Yogurt*	
Raisins		
Rice		
Tortillas		

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