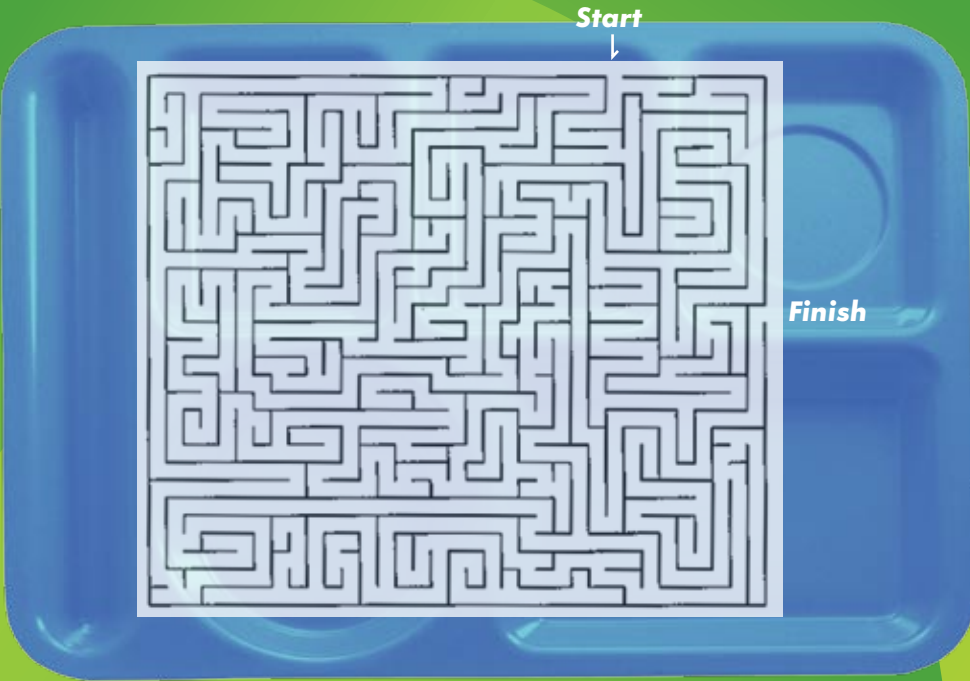


Mega Tray Maze

See if you can find your way through this super-big brain maze! Try and get to the healthy foods at the end of the maze!



www.liftoffsp playground.com
 Be sure to visit Lift-Off's very own Web site for more games, activities, and great information! Don't forget to ask your parents' permission to log-on!



LIFT-OFF!'S NUTRITION CHAMPION'S GUIDE

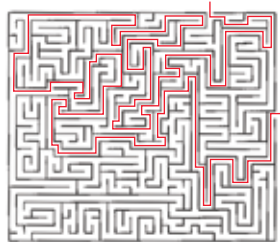
A Publication of Sodexo School Services



- BRAIN FOOD WORD SEARCH
- BRAIN HEALTHY FOOD ASSORTMENT
- MEGA TRAY MAZE

K	R	E	T	U	C	E	B	E	S	B	X	X	R	A	R	K
L	E	T	E	S	S	B	X	H	L	P	X	I	A	D	O	G
R	A	G	R	A	L	P	X	I	A	D	O	G	R	A	L	P
E	H	C	H	E	S	B	X	I	A	D	O	G	R	A	L	P
V	C	B	A	C	B	A	C	B	A	C	B	A	C	B	A	C
A	S	O	F	C	F	B	A	C	F	B	A	C	F	B	A	C
G	A	S	O	F	C	F	B	A	C	F	B	A	C	F	B	A
N	I	N	G	A	S	O	F	C	F	B	A	C	F	B	A	C
F	I	N	G	A	S	O	F	C	F	B	A	C	F	B	A	C
I	P	I	N	G	A	S	O	F	C	F	B	A	C	F	B	A
S	I	P	I	N	G	A	S	O	F	C	F	B	A	C	F	B
S	I	P	I	N	G	A	S	O	F	C	F	B	A	C	F	B
H	V	A	S	I	P	I	N	G	A	S	O	F	C	F	B	A
V	A	S	I	P	I	N	G	A	S	O	F	C	F	B	A	C
B	H	V	A	S	I	P	I	N	G	A	S	O	F	C	F	B
L	V	A	S	I	P	I	N	G	A	S	O	F	C	F	B	A
T	H	V	A	S	I	P	I	N	G	A	S	O	F	C	F	B
G	H	V	A	S	I	P	I	N	G	A	S	O	F	C	F	B
L	V	A	S	I	P	I	N	G	A	S	O	F	C	F	B	A
B	H	V	A	S	I	P	I	N	G	A	S	O	F	C	F	B
V	A	S	I	P	I	N	G	A	S	O	F	C	F	B	A	C
L	V	A	S	I	P	I	N	G	A	S	O	F	C	F	B	A
T	H	V	A	S	I	P	I	N	G	A	S	O	F	C	F	B
G	H	V	A	S	I	P	I	N	G	A	S	O	F	C	F	B

Word Search Answer Key



Mega Tray Maze Answer Key

BRAIN FOOD WORD SEARCH

Below is a list of foods that are all very healthy for your brain. Help Lift-Off! find each of these foods in the word search!

- Broccoli
- Lettuce
- Cabbage
- Oatmeal
- Cheese
- Potatoes
- Fish
- Soybeans
- Kale
- Spinach

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

BRAIN HEALTHY FOOD ASSORTMENT

Grab some crayons, markers, or colored pencils and color in the brain healthy food pictured below!



MY HEALTHY FOOD

- Enjoy a bowl of oatmeal before school to fuel your body and your brain!
- Raw carrot sticks with low-fat dip are not only delicious, but good for you too!
- Eating cherries and strawberries can help improve your memory!

CHOICES CHECKLIST

- Water is essential for life, and can be found not just in its pure form, but also in fruits and vegetables! For example, strawberries and watermelon are both 92% water!
- Don't overeat! When you feel full, it's because your stomach is really full of food! If you overeat, it can cause extra stress on your body.

DID YOU KNOW?

- Ancient Greek and Roman doctors believed that the herb, basil, would only grow if those planting it screamed and shouted nonsense!
- At one time, it was illegal in Kansas to serve ice cream on cherry pie!
- The inside of a cucumber can be up to 20 degrees cooler than the air temperature!

