

Team Building Activity

Label Me Healthy Crossword Puzzle

Focus Area: Healthy Eating Activity

Description: This Label Me Healthy Crossword Puzzle tests your food label knowledge. In this activity, participants can work individually or as a team to solve the crossword puzzle.

Length of Activity: The length of this activity will depend on how you structure it, but it can be shortened as desired.

In-person or Virtual: This activity can be conducted virtually or in-person.

Materials Needed:

- [Label Me Healthy Crossword Puzzle](#), printed copies (if in-person)
- [Label Me Healthy Crossword Puzzle Answer Key](#)
- Prize(s) (optional)

Ways to Play:

There are several ways you might structure this Label Me Healthy Crossword Puzzle to determine winners.

- Virtual or in-person – If facilitating this activity virtually, determine how you'll share the Label Me Healthy Crossword Puzzle. For example, sharing your screen, sharing the activity ahead of time or in the meeting chat.
- One-on-one or team vs. team – Participants can work individually or as a team to solve the Label Me Healthy Crossword Puzzle. Teams work best in-person.



- First to complete or first answer correct – There are several ways you can determine individual or team winner(s) for this activity, such as:
 - Awarding points to the participant or team who gets each crossword correct, and the participant with the most points at the end wins.
 - Sharing the entire Label Me Healthy Crossword Puzzle, and the first participant or team to complete the Label Me Healthy Crossword Puzzle wins.
 - Allotting participants a certain amount of time to solve as many crosswords as they can, and the participant or team with the most correct answers wins.

Directions:

1. Share the activity (including materials needed, if any) and how you'll be playing.
2. At the end, award your winner(s) and prizes, if applicable.

