

Team Building Activity

Holiday Food Word Search

Focus Area: Healthy Eating Activity

Description: This Holiday Food Word Search is an easy, activity that helps increase your [cognitive health](#). In this activity, participants can work individually or as a team to solve the Holiday Food Word Search.

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

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

Materials Needed:

- [Holiday Food Word Search](#), printed copies (if in-person)
- [Holiday Food Word Search Answer Key](#)
- Prize(s) (optional)

Ways to Play:

There are several ways you might structure this Holiday Food Word Search to determine winner(s).

- Virtual or in-person – If facilitating this activity virtually, determine how you'll share the Holiday Food Word Search. 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 Holiday Food Word Search. 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 finds each word search, and the participant with the most points at the end wins.
 - Sharing the entire Holiday Food Word Search, and the first participant or team to complete the word search wins.
 - Allotting participants a certain amount of time to find as many words 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.