

Team Building Activity

Eat Your Veggies Word Scramble

Focus Area: Healthy Eating Activity

Description: Our Eat Your Veggies Word Scramble is an easy activity that helps increase your [cognitive health](#). In this activity, participants can work individually or as a team to solve the word scramble.

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:

- [Eat Your Veggies Word Scramble](#), printed copies (if in-person)
- [Eat Your Veggies Word Scramble Answer Key](#)
- Prize(s) (optional)

Ways to Play:

There are several ways you can structure this Eat Your Veggies Word Scramble to determine winner(s).

- Virtual or in-person – If facilitating this activity virtually, determine how you'll share the Eat Your Veggies Word Scramble. 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 Eat Your Veggies Word Scramble. 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 word scramble correct, and the participant with the most points at the end wins.
 - Sharing the entire Eat Your Veggies Word Scramble, and the first participant or team to complete the word scramble wins.
 - Allotting participants a certain amount of time to solve as many word scrambles as they can, and the participant or team with the most answers correct 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.