



## EVENT IN A BOX ACTIVITY SUGGESTIONS Adult and Senior Edition

**Find out why fruits and veggies are important for healthy living.**

**Who is this for?** Seniors

**Why is this important?** Eating fruits and veggies is a small change that makes a big difference!

### **Fruit & Veggie Crossword**

Provided is a crossword for you to make copies of and hand out to each person to complete. Afterwards, discuss which fruits and veggies are everyone's favorites.

### **Fruit & Veggie Cryptogram**

Make copies of the cryptogram provided (on same page as crossword) and hand one out to each person to complete. Afterwards, discuss which fruits and veggies are everyone's favorites and why.

To join the conversation and talk about game ideas with other Nutrition Network partners, visit the discussion board at [EatWellBeWell.org/partners](http://EatWellBeWell.org/partners).