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# Verb Generation Activity: Newborns

Generating verbs is a challenging linguistic activity that exercises attention, executive functioning and word fluency. You may set a time limit of 60 seconds, 90 seconds or two minutes. What do newborns do?

|  |  |  |  |
| --- | --- | --- | --- |
| 1 |  | 11 |  |
| 2 |  | 12 |  |
| 3 |  | 13 |  |
| 4 |  | 14 |  |
| 5 |  | 15 |  |
| 6 |  | 16 |  |
| 7 |  | 17 |  |
| 8 |  | 18 |  |
| 9 |  | 19 |  |
| 10 |  | 20 |  |

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# Antonyms

Antonyms are words that mean the opposite of each other. In this activity try to think of a word (or words) that have the opposite meaning. The more difficult ones are challenging for most people and may be appropriate to do in a group setting. Many of the given words have multiple antonyms so there may not be one correct answer.

|  |  |  |  |
| --- | --- | --- | --- |
| 1. Soft |  | 11. Escape |  |
| 1. Happy |  | 12. Expert |  |
| 1. Wet |  | 13. Humble |  |
| 1. Sink |  | 14. Random |  |
| 1. Fast |  | 15. Sudden |  |
| 1. Open |  | 16. Invest |  |
| 1. More |  | 17. Rare |  |
| 1. Brave |  | 18. Invite |  |
| 1. Here |  | 19. Rebuke |  |
| 10. New |  |  |  |

Answers: 1 Hard, 2 Sad, 3 Dry, 4 Float, 5 Slow, 6 Closed, 7 Less, 8 Scared, 9 There, 10 Old, 11 Capture, 12 Amateur, 13 Arrogant, 14 Planned, 15 Gradual, 16 Divest, 17 Ordinary, 18 Discourage, 19 Praise

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# Eating Healthy Checklist

Healthy nutrition is needed for a higher quality of life and better brain function. Follow these tips to make the most of your nutrition and diet.

* Eat a variety of foods.
* Eat grain, fruits and vegetables.
* Eat low-saturated and low-cholesterol foods.
* Go easy on sugar, salt and alcohol.
* Balance your food consumption with physical activity.
* Choose lean meats and poultry.
* Try to include fish in your diet at least once a week.
* Substitute beans, legumes and lentils for meat twice a week.
* Limit desserts and cookies.

# 10 Best Bets

This is a list of specific foods that the Mayo Clinic recommends you incorporate into your diet.

1. Apples (soluble fiber, antioxidants, vitamin C)

2. Almonds (fiber, riboflavin, iron, calcium, vitamin E)

3. Blueberries (phytonutrients)

4. Broccoli (calcium, potassium, folate, fiber, vitamins A and C)

5. Red beans (iron, magnesium, low fat)

6. Salmon (omega-3 fatty acids)

7. Spinach (vitamins A, B-6 and C; folate; iron)

8. Sweet potatoes (beta carotene antioxidant; fiber; vitamins B-6, C and E)

9. Vegetable juice (minerals)

10. Wheat germ (niacin, riboflavin, folate, potassium, zinc, protein)

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# Word Search: Antioxidants

**S X S P D C L O V E S F D E J S W S C S**

**A N E E I A N H M B R K U C O T E N R W**

**T G I V L C R D N E D A J N I N M E A E**

**F N I M S B A K E O H L G A N E B E N E**

**G Y E N A N A R C M I E D L T I E R B T**

**R I Y V G T A T O H E T R A S R K G E P**

**E L N W E D I C E T O N A B B T O Y R O**

**C J J G I R I V E G E C T N R U R F R T**

**N D Q C E X P O O P E N O I I N T A I A**

**A I A C I R E M R U T V O L A D S E E T**

**C L M E T S Y S E N U M M I A K R L S O**

**S D C A P I L L A R I E S Z D T A O N E**

**V I S I O N A D N E G Y X O T S E O O S**

**B E I C S D I O N O V A L F O L I Y A C**

**L T B E A X C I N N A M O N M T X R E X**

**O A L F O R T B S H D X E S A E S I D S**

**O R Q I B E R R I E S S O D T S L L E C**

**D Y T H K A A O M U K O I T O H E R B S**

**Q N W V I E E W T I B X T C E D P F P H**

**A Q F N T X H S N S O G X U S D D X N J**

# Words to Find

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Aging** | **Antioxidant** | **Balance** | **Berries** | **Blook** |
| **Brain** | **Cancer** | **Capillaries** | **Carotenoids** | **Carrots** |
| **Cells** | **Cinnamon** | **Cloves** | **Coordination** | **Cranberries** |
| **Dark Chocolate** | **Dementia** | **Detox** | **Dietary** | **Disease** |
| **Eyes** | **Flavonoids** | **Free Radicals** | **Ginger** | **Heart** |
| **Herbs** | **Immune System** | **Joints** | **Leafy Greens** | **Nutrients** |
| **Oxidation** | **Oxygen** | **Pecans** | **Prevent** | **Skin** |
| **Sweet Potatoes** | **Tomatoes** | **Turmeric** | **Vegetables** | **Vision** |
| **Vitamin** |  |  |  |  |