Crack the Secret Code

Use your detective skills and the code at the right to complete the sentences below:

For each line of the quiz, pictures should spell out the answer, with spaces below for children to write in the correct word. See example below.

Eat a V A R I E T Y of foods

1. Eat more _ _ _ _ _ _ , _ _ _ _ _ _ _ _ _ _

and whole grains

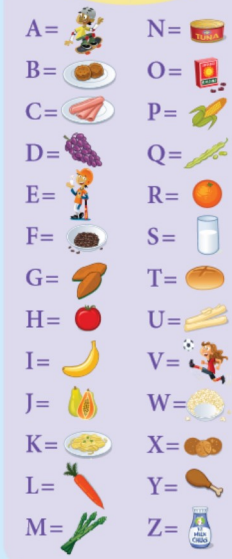
2. Eat foods lower in solid _ _ _

3. Get your _ _ _ _ _ _ _ rich _ _ _ _ _

4. Be _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _

Code

A=	N=
B=	O=
C=	P=
D=	Q=
E=	R=
F=	S=
G=	T=
H=	U=
I=	V=
J=	W=
K=	X=
L=	Y=
M=	Z=



Adapted from
Team Up At Home Team Nutrition Activity Book