FCS8615

Healthy Living: Scrambling for a Variety of Foods[1]

Linda B. Bobroff[2]

Unscramble the following words to spell some of the foods that are wise choices for good health. Then write down each of the numbered letters on the blanks below to figure out the message!

MILK

G O U Y T R _ _ _ _ _ _ _
5 4

E H E C E S _ _ _ _ _ _ _
1

MEAT AND BEANS

T I P N O E B N A S

_ _ _ _ _ _ _ _ _ _
2

F S H I _ _ _ _
10

B M L A _ _ _ _
6

VEGETABLES

E C Y E L R _ _ _ _ _ _
9

T O O P T A _ _ _ _ _ _
11 12

FRUITS

U C J I E _ _ _ _ _
3

P E H A C _ _ _ _ _
7

G A R E S P _ _ _ _ _ _
14

GRAIN FOODS

N A P K C A E _ _ _ _ _ _ _
8

R A B E D _ _ _ _ _
13

MESSAGE:

_ _ _ _ _ _ _ _ _ _ _ _ _ _
1 2 3 4 5 6 7 8 9 10 11 12 13 14

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STEPS TO A HEALTHIER YOU

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