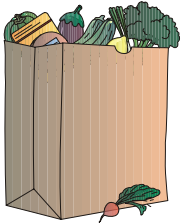


Healthy Living: Scrambling for a Variety of Foods¹

Linda B. Bobroff²



Unscramble the following words to spell some of the foods that are best 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

MESSAGE:

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

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



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2. Linda B. Bobroff, PhD, RD, LD/N, professor, Department of Family, Youth and Community Sciences, Institute of Food and Agricultural Sciences, Cooperative Extension Service, University of Florida, Gainesville, FL 32611. Leaflet design by Paulina Wittkowsky, MS, RD, formerly with the University of Florida.