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!

**Dairy**
- GOUYTR  5 4 __ __ __ __
- EHECES __ __ 1 __ __ __

**Protein Foods**
- TIPNO EBNAS __ __ 2 __ __
- FSHI __ __ __ __
- BMLA __ __ __ __

**Fruits**
- UCJIE __ __ __ __ __
- PEHAC __ __ 7 __ __
- GARESP __ __ __ __ __

**Grains**
- NAPKCAE __ __ __ __ __
- RABED __ __ __ __ __

**Vegetables**
- ECYELR __ __ __ __ __

**Message**

TOOPTA 11 __ __ __ __ 12

UCJIE 3 __ __ __ __

PEHAC 7 __ __ __

GARESP 14 __ __ __ __

NAPKCAE 8 __ __ __ __

RABED 13 __ __ __

ECYELR 9 __ __ __ __


2. Linda B. Bobroff, professor, leaflet design by Paulina Wittkowsky, former education assistant, Department of Family, Youth and Community Sciences; UF/IFAS Extension, Gainesville, FL 32611.

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