



Healthy Eating: Scrambling for a Variety of Foods¹

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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 10 _____

BMLA _____ 6 _____

Vegetables

ECYELR _____ _____ 9

TOOPTA _____ 11 _____ 12

Fruits

UCJIE 3 _____

PEHAC _____ 7 _____

GARESP _____ _____ 14

Grains

NAPKCAE _____ 8 _____

RABED _____ _____ 13

Message

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

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