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!

**DAIRY FOODS**

G O U Y T R 5 4
K I M L 6

**PROTEIN FOODS**

E B A N S 1 2
F S H I 10

**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