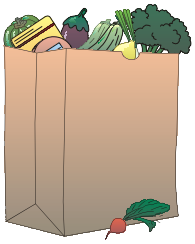
Archival copy: for current recommendations see http://edis.ifas.ufl.edu or your local extension office.

FCS8615-Span

UNIVERSITY OF FLORIDA
IFAS EXTENSION

Vida Saludable para Personas de Edad: Letras en Desorden[1]



ENAFS Elder Nutrition and Food Safety

Ordene las letras en las siguientes palabras para escribir los nombres de algunos alimentos saludables. Después coloque cada una de las letras numeradas en los espacios indicados abajo para descifrar el mensaje.

PRODUCTOS LÁCTEOS

H L E E C _ _ _ _ _
5

O E Q S U _ _ _ _ _
11

FUENTES DE PROTEÍNA

S A C O D E P _ _ _ _ _ _ _
8

O S H V E U _ _ _ _ _ _
14

L S I F J R O E _ _ _ _ _ _ _ _
9

VEGETALES

L A C Z A A B A _ _ _ _ _ _ _ _
12

S V R A E A J _ _ _ _ _ _ _
10

FRUTAS

S U A V _ _ _ _
1

A R F S E S _ _ _ _ _ _
3

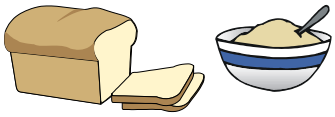
M A D A N R N A I
_ _ _ _ _ _ _ _ _
15 4

PAN, CEREAL, ARROZ, PASTA Y VIANDA

L A T R O I T L _ _ _ _ _ _ _ _
13 2

O S F D I E _ _ _ _ _ _
6

E V N A A _ _ _ _ _
7



MENSAJE:

¡ _ !
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

1. This is document FCS8615-SPAN, one in a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611. Publication date: March 2004. This leaflet was developed with funding from the Florida Department of Elder Affairs in partnership with state, county, and local agencies. Please visit the EDIS Web site at **http://edis.ifas.ufl.edu**

2. Leaflet design by Paulina Wittkowsky, MS, RD, former education assistant, Department of Family, Youth and Community Services, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611. English version reviewed by Linda B. Bobroff, PhD, RD, LD/N, professor, University of Florida.

The Institute of Food and Agricultural Sciences is an equal opportunity/affirmative action employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap, or national origin. For information on obtaining other extension publications, contact your county Cooperative Extension Service office. Florida Cooperative Extension Service / Institute of Food and Agricultural Sciences / University of Florida / Christine Taylor Waddill, Dean