



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	
GOUYTR	FRUITS
EHECES	UCJIE PEHAC
MEAT AND BEANS	G A R E S P
TIPNO EBNAS	14
FSHI	GRAIN FOODS
10	N A P K C A E
B M L A6	R A B E D
VEGETABLES	13
ECYELR	
T O O P T A	
MESSAGE:	
1 2 3 4 5 6 7 8 9 10 11 12 13 14	MyPyramid.gov STEPS TO A HEALTHIER YOU

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