

# MyPyramid Scramble: Milk and More<sup>1</sup>

Linda B. Bobroff<sup>2</sup>



Unscramble the words below to form words related to the Milk and More Group. Then use the numbered letters to form the secret message!

- |                    |    |    |    |    |   |    |   |   |    |   |    |    |   |   |    |
|--------------------|----|----|----|----|---|----|---|---|----|---|----|----|---|---|----|
| 1. zoenfr guoytr:  | 19 | —  | —  | —  | — | 2  | — | — | —  | 4 | —  | 1  | 6 | — | —  |
| 2. wol aft ilkm:   | 10 | 5  | —  | —  | — | —  | — | — | 3  | — | 14 | 12 | — | — | —  |
| 3. ddhcare:        | 8  | —  | —  | —  | — | —  | — | — | 7  | — | —  | —  | — | — | —  |
| 4. gttcoea eheesc: | 11 | 20 | —  | —  | — | 9  | — | — | —  | — | 17 | 18 | — | — | —  |
| 5. uiddpng:        | —  | —  | 13 | 22 | — | 16 | — | — | —  | — | —  | —  | — | — | —  |
| 6. cei emacr:      | —  | —  | —  | —  | — | —  | — | — | 15 | — | —  | —  | — | — | —  |
| 7. gutroy:         | —  | —  | —  | —  | — | —  | — | — | —  | — | —  | —  | — | — | —  |
| 8. ssiws:          | —  | —  | —  | —  | — | —  | — | — | —  | — | —  | —  | — | — | 23 |



Secret Message:

|   |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |
|---|----|----|----|----|---|----|----|----|----|----|----|----|----|----|----|
| — | —  | —  | —  | —  | — | —  | —  | —  | —  | —  | —  | —  | —  | —  | —  |
| 1 | 2  | 3  |    | 4  | 5 | 6  | 7  |    | 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| - | —  | —  | —  | —  | — | —  | —  | —  | —  | —  | !  | —  | —  | —  | —  |
|   | 15 | 16 | 17 | 18 |   | 19 | 20 | 21 | 22 | 23 |    |    |    |    |    |

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 2. Linda B. Bobroff, PhD., RD, LD/N, professor, Department of Family, Youth and Community Sciences; Institute of Food and Agricultural Sciences; University of Florida; Gainesville, FL 32611.

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## Milk and More Key

1. Frozen Yogurt
2. Low Fat Milk
3. Cheddar
4. Cottage Cheese
5. Pudding
6. Ice Cream
7. Yogurt
8. Swiss



Secret Message: **Get your calcium-rich foods!**