Healthy Living: Scrambling for a Variety of Foods

Linda B. Bobroff

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!

MILK
G O U Y T R __ __ __ __ __ __
E H E C E S __ __ __ __ __ __

MEAT AND BEANS
T I P N O E B N A S __ __ __ __ __
F S H I __ __ __ __ __ __ __
B M L A __ __ __ __

FRUITS
U C J I E __ __ __ __ __ __
P E H A C __ __ __ __ __ __
G A R E S P __ __ __ __ __ __

GRAIN FOODS
N A P K C A E __ __ __ __ __ __
R A B E D __ __ __ __ __ __
T O O P T A __ __ __ __ __ __

VEGETABLES
E C Y E L R __ __ __ __ __ __
T O O P T A __ __ __ __ __ __

MESSAGE:

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

1. La versión en español de este documento es Vida Saludable: Juego de letras sobre una variedad de alimentos (FCS8615-Span). This leaflet, FCS8615, is 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 32611. First published March 2004. Revised October 2006, December 2010. Visit the EDIS website at http://edis.ifas.ufl.edu.

2. Linda B. Bobroff, PhD, RD, LD/N, professor, Department of Family, Youth and Community Sciences, Institute of Food and Agricultural Sciences, Cooperative Extension Service, University of Florida, Gainesville, FL 32611. Leaflet design by Paulina Wittkowsky, MS, RD, formerly with the University of Florida.