

Healthy Living: Scrambling for a Variety of Foods¹

Linda B. Bobroff²



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 _ _ _ _ _
 5 4

E H E C E S _ _ _ _ _
 1

MEAT AND BEANS

T I P N O E B N A S
_ _ _ _ _ _ _ _ _ _
 2

F S H I _ _ _ _ _
 10

B M L A _ _ _ _ _
 6



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



VEGETABLES

E C Y E L R _ _ _ _ _
 11 12

T O O P T A _ _ _ _ _
 9



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 lestras 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.

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Opportunity Institution authorized to provide research, educational information and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions or affiliations. U.S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Florida A&M University Cooperative Extension Program, and Boards of County Commissioners Cooperating. Millie Ferrer-Chancy, Interim Dean.