





Healthy Eating: 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!

DAIRY	FRUITS
GOUYTR	UCJIE
E H E C E S	PEHAC
PROTEIN FOODS	G A R E S P
TIPNO EBNAS	GRAINS
FSHI	N A P K C A E
B M L A	R A B E D
VEGETABLES E C Y E L R 9 T O O P T A 11 MESSAGE:	Fruits Grains Vegetables Protein Choose My Plate.gov
$\frac{1}{1} \frac{2}{3} \frac{3}{4} \frac{4}{5} \frac{5}{6} \frac{7}{7} \frac{8}{8} \frac{9}{9} \frac{10}{10} \frac{11}{11} \frac{12}{13} \frac{13}{13}$	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, FL 32611. First published March 2004. Revised December 2010. Reviewed with minor revision January 2012. Visit the EDIS website at http://edis.ifas.ufl.edu.
- 2. Revised by Linda B. Bobroff, PhD, RD, LD/N, professor, University of Florida. Leaflet design by Paulina Wittkowsky, MS, RD, former education assistant, Department of Family, Youth and Community Sciences, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611

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