

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

G O U Y T R 5 4 _____
E H E C E S _____ 1 _____

PROTEIN FOODS

T I P N O E B N A S
_____ 2 _____
F S H I 10 _____
B M L A _____ 6 _____

VEGETABLES

E C Y E L R _____ 9
T O O P T A _____ 11 12

MESSAGE:

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

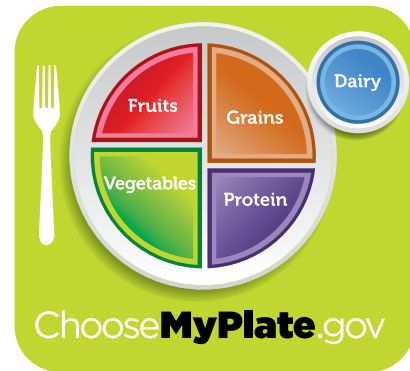
FRUITS

U C J I E 3 _____
P E H A C _____ 7 _____
G A R E S P _____ 14 _____



GRAINS

N A P K C A E _____ 8 _____
R A B E D _____ 13 _____



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