Crack the Secret Code

Use your detective skills and the code at the right to complete the sentences below:

For each line of the quiz, pictures should spell out the answer, with spaces below for children to write in the correct word. See example below.

Eat a V A R I E T Y of foods

1. Eat more _ _ _ _ _ _ , _ _ _ _ _ _ _ _ _ _ _

and whole grains

2. Eat foods lower in solid _ _ _

3. Get your _ _ _ _ _ _ _ rich _ _ _ _ _

4. Be _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _

Code

A=
B=
C=
D=
E=
F=
G=
H=
I=
J=
K=
L=
M=
N=
O=
P=
Q=
R=
S=
T=
U=
V=
W=
X=
Y=
Z=

Adapted from
Team Up At Home Team Nutrition Activity Book