

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= 

N = 

B = 

O = 


C= 

P= 


D = 


Q=


E= 


R= 

F=  

$S =$ 

G= 

T= 

H= 

 $U =$

$I =$ 🍌

V= 



W—

K= 

Y-



V₋ 

