

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 F R U I T S, V E G E T A B L E S



and whole grains

2. Eat foods lower in solid F A T




























3. Get your C A L C I U M rich F O O D S



4. Be P H Y S I C A L L Y A C T I V E



Code

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