

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= 
J= 	W= 
K= 	X= 
L= 	Y= 
M= 	Z= 