

# 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= |  |