

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=  |

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= |  |