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.

1. Eat more __ __ __ __ __ __ __ __ __ __ __ __
2. Eat foods lower in solid __ __ __
3. Get your __ __ __ __ __ __ __ __ __ __ rich __ __ __ __ __ __
4. Be __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __

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Adapted from

**Team Up At Home** Team Nutrition Activity Book

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**Code**

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