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 ___ A R I E T Y of foods

1. Eat more ___ R U I T S, ___ E G E T A B L E S

and whole grains

2. Eat foods lower in solid ___ A T

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

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

Adapted from
Team Up At Home Team Nutrition Activity Book