

# 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 = |