Eat a __ 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 __ __ __ __ __ __ __ __ __ __ __ __ __ __

Adapted from Team Up At Home Team Nutrition Activity Book
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 **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 R I C H F O O D S**

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