

Name \_\_\_\_\_

# GET YOUR PLATE IN SHAPE!

## GRAINS FOOD GROUP SECRET MESSAGE PUZZLE

Use the key below to decode the secret message.

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
14				12	23	21	20	11		18	4	1	7	17			15	9	8	16		2		13	

M A                    A                    A                    A F

1 14 18 12      14 8      4 12 14 9 8      20 14 4 23      13 17 16 15

A

21 15 14 11 7 9      2 20 17 4 12

## FRUIT AND VEGETABLE WORD SEARCH

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

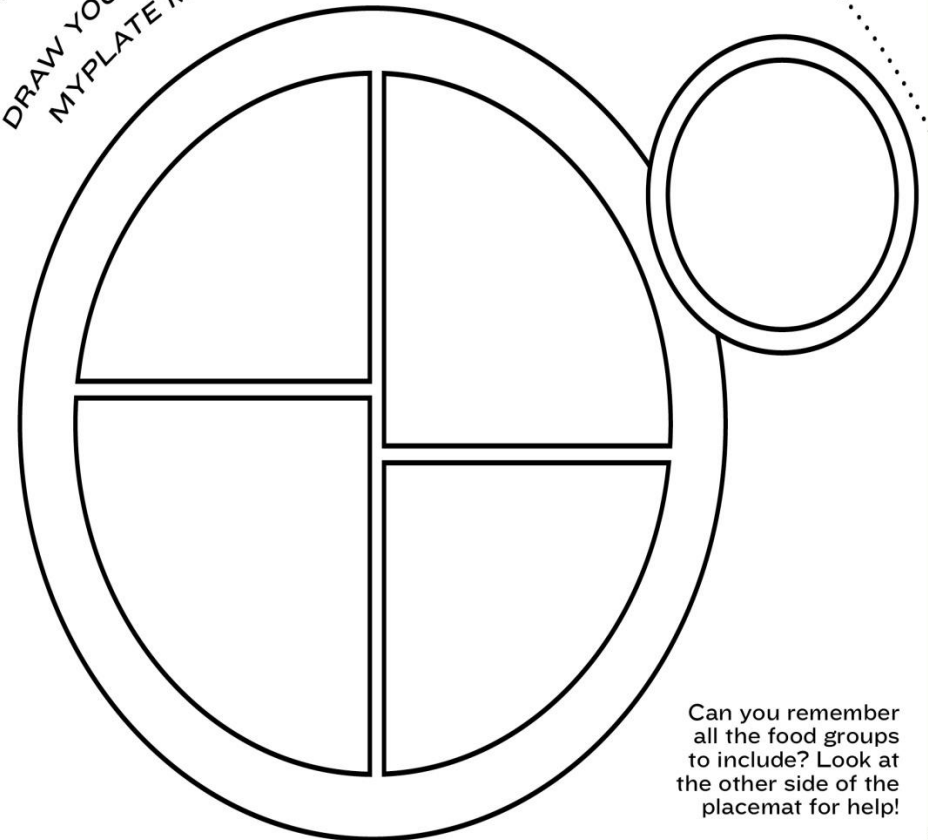
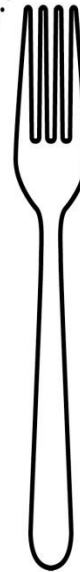
- BANANA
- BEANS
- BROCCOLI
- CARROT
- COLLARDS
- GRAPES
- ORANGES
- PEACH
- PEPPERS
- STRAWBERRY
- SWEET POTATO
- TOMATO

## BE ACTIVE WORD SCRAMBLE

Keep your body moving - be active every day! Can you unscramble the physical activities below?

NUR      PISK      NADEC      POSTSR      KIBE      PUJM EROP

DRAW YOUR FAVORITE  
MYPLATE MEAL!



Can you remember all the food groups to include? Look at the other side of the placemat for help!