

# Crack the Secret Code

Fuel Up on some nutritious snacks and drink some tasty low-fat milk. Then, use that brain of yours and the code below to complete the following sentences.

- Milk has nine essential \_\_\_\_\_  

- Eat more low-fat dairy foods, \_\_\_\_\_,  
 and whole grains.  

- Get \_\_\_\_\_ of physical activity a day.  

- Get your \_\_\_\_\_ rich \_\_\_\_\_  

- Daily exercise can improve your \_\_\_\_\_  










- \_\_\_\_\_ is good for your eyesight.  

- \_\_\_\_\_ keep pesky free \_\_\_\_\_  
 from damaging your cells.  

- Being physically active helps improve \_\_\_\_\_  
 and \_\_\_\_\_  

- Whole grains help keep your \_\_\_\_\_  
 your heart and your body healthy.
- For a healthy snack in seconds, fuel up with some pre-cut \_\_\_\_\_  
 chunks.

## Code

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

## Fuel Up Tip of the Day

Tell mom to try cooking methods that use less fat (roasting, steaming or broiling). Eating too much fat may be one of the reasons arteries get clogged as you get older. So, the more mom roasts, steams or broils your food, the better your body will function as it grows.

