

MyPyramid Scramble: Veggie Power!¹

Linda B. Bobroff²



Unscramble the words below to form names of foods in the Vegetable Group. Then use the numbered letters to form the secret message!

1. vyan aebns:	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
			1												
2. cladrlo	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
nseegr:				2				11						15	
3. tsrocar:	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
			3	8											
4. ceyelr:	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
		10				4									
5. kbo yhoc:	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
										5					
6. ccrblioo:	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
			6											13	
7. chuczni:	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
		7													
8. eebtlevga	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
ciuej:	9		12												
9. etews	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
tosoapte:														14	



Secret Message:

—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	!
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15						

1. This document is FCS8895, one of a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. First published: March 2010.
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Veggie Power!

Key

1. Navy Beans
2. Collard Greens
3. Carrots
4. Celery
5. Bok Choy
6. Broccoli
7. Zucchini
8. Vegetable Juice
9. Sweet Potatoes



Secret Message: VARY YOUR VEGGIES!