

Name _____

Word Scrambles

Use the clues to unscramble the words. Then use the numbered letters to decode the secret message.

Nutritious foods



dmalon	a	_____	_____	_____	_____	_____	_____	_____	_____
			6			8			
atme	_____	e	_____	_____	_____	_____	_____	_____	_____
			16	14					
sifh	_____	_____	_____	_____	_____	_____	_____	_____	_____
	2	10			h				
nppmkiu	_____	_____	_____	_____	_____	k	i	_____	_____
easbn	b	_____	_____	_____	_____	s	_____	_____	_____
			4	13					
ctaprio	_____	_____	r	_____	_____	_____	_____	_____	_____
				1		12	11		
ushrmmoo	_____	_____	_____	_____	_____	_____	o	o	_____
eeiatngrn	t	_____	n	_____	_____	_____	r	_____	_____
						15		18	5
hssuaq	_____	q	_____	_____	_____	_____	_____	_____	_____
					7		h		
ooatmt	_____	_____	_____	_____	_____	_____	_____	_____	_____
	19	o	3			17	o		

_____ ' _____

1 2 3 4 5 6 7 8 9 10 11

_____ !

8 12 13 14 15 16 17 18 19