

What To Do?

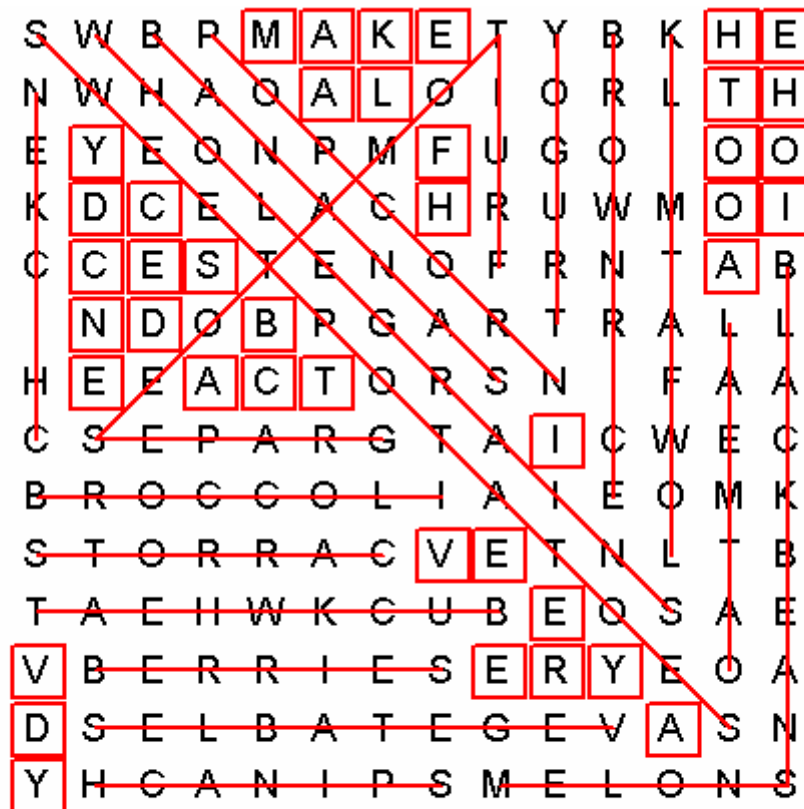
Find the hidden foods within the grid of letters. Then use the remaining letters to fill in the answer to the above question.

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

- | | | | | |
|-------------|------------|--------------|----------------|--------------|
| bananas | brown rice | fruit | oatmeal | tomatoes |
| berries | buckwheat | grapes | popcorn | vegetables |
| black beans | carrots | low fat milk | spinach | whole grains |
| broccoli | chicken | melons | sweet potatoes | yogurt |

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ANSWER KEY



M a k e h e a l t h y f o o d c h o i c e s
a n d b e a c t i v e e v e r y d a y .