

Healthy Living

...for life!

Nutrition Services • Alameda County Public Health Department

Sugar Savvy Word Scramble

All fresh fruits contain natural sugar, vitamins, mineral, and fiber. Spell out a fruit by unscrambling the letters. Write only one letter to a space. Use the letters on the thick red line in each word to fill in the secret message blanks below to discover the secret message.

1. edr aerp

_____ _____

2. aperg

_____ _____

3. pppenial

_____ _____

4. aanbn

_____ _____

5. wiik

6. eolnraetw

7. pealp

8. matoo

9. capeh

_____ _____

10. nagore

_____ _____

Secret Message: _____

Answers: red pear, grape, pineapple, banana, kiwi, watermelon, apple, tomato, peach, orange. Secret message: drink water



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This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.