



# CRACK THE CODE

NAME \_\_\_\_\_

DATE \_\_\_\_\_

Decode the following messages using the information below.  
 On the line above each number, write in the corresponding letter.  
 For example, the number 3 corresponds to the letter E, so above all 3s write in E. By filling in all the lines you will reveal the four benefits to choosing food for good health.



**1**    4    3    3    7    2    3    13    13    3    11

**2**    5    11    10    15    2    3    13    13    3    11

**3**    2    3    12    13    11    10    9    5    3    11

**4**    6    1    14    3    8    10    11    3    3    9    3    11    5    16

**A**

**B E**

**F G**

**H**

**L**

**M**

**N**

**O**

**R S**

**T V**

**W**

**Y**

- A = 1    G = 5    N = 9    T = 13
- B = 2    H = 6    O = 10    V = 14
- E = 3    L = 7    R = 11    W = 15
- F = 4    M = 8    S = 12    Y = 16

Answers: **1** feel better; **2** grow better; **3** be stronger; **4** have more energy