

Name: _____



Meat and Beans

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

1. geg: _____
1

2. trsoa efeb: _____
2 5 4

3. amil eabsn: _____
3 8 6

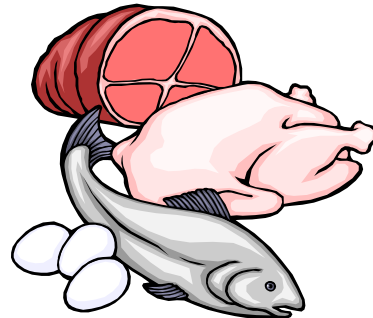
4. nulawts: _____
7

5. aeptun ttrebu: _____
11 17 9 12

6. hsif: _____
16 10

7. kopr: _____
13

8. kyeutr: _____
14 15



Secret Message:

_____ !
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

Meat and Beans

KEY

1. EGG
2. ROAST BEEF
3. LIMA BEANS
4. WALNUTS
5. PEANUT BUTTER
6. FISH
7. PORK
8. TURKEY

Secret Message: GO LEAN WITH PROTEIN!