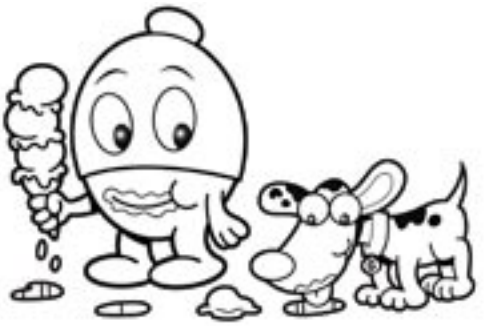
Time for a Treat . . .

Eating healthy is great – but an occasional treat can be fun, too!
Fill in the letters to find the treats . . . and to discover what kinds of foods they are.

Fill in:

- every **1** with the letter **A**
- every **2** with the letter **E**
- every **3** with the letter **I**
- every **4** with the letter **O**
- every **5** with the letter **U**
- every **6** with the letter **S**



Remember — this secret clue is what all of these treats are!

L	4	L	L	3	P	4	P	6								
						C	4	4	K	3	2	6				
	3	C	2	C	R	2	1	M								
		C	5	P	C	1	K	2	6 S							
							6	T	3	C	K	Y	B	5	N	6
P	4	T	1	T	4	C	H	3	P	6 S						
						G	5	M	D	R	4	P	6			
						P	3	2	6 S							
				C	H	2	2	6	2	P	5	F	F	6		
		F	R	2	N	C	H	F	R	3	2	6				
							6	4	D	1	P	4	P			
							D	4	5	G	H	N	5	T	6	
					C	1	N	D	3	2	6					
C	4	R	N	C	H	3	P	6								

Parent Tip

According to the 2005 U.S. Dietary Guidelines, these occasional foods should not play a large role in your child's healthy diet.