The case of the missing fruit on the Food Group Express work sheet

As you are listening to the story, fill in the blanks with the words at the end of each sentence. Then use the numbered words in the magnifying glass to decode the mystery message at the bottom.

1. Little Raisin asked Grandpa Prune “Why do adults want ___ ___ ___ to eat fruits ___ ___ ___ the time?
   all kids

2. ___ ___ ___ ___ fruits because they give us ___ ___ ___ ___ ___ and ___ ___ ___ ___ ___ .
   vitamins minerals eat

3. ___ ___ ___ ___ ___ ___ name of the Juicers’ quarterback was ___ ___ ___ ___ ___ .
   OJ the

4. Fruits make our hair ___ ___ ___ ___ ___ ___ ___ ___ and skin look ___ ___ ___ ___ ___ ___ .
   healthy shiny

5. Dairy ___ ___ ___ ___ ___ give us calcium ___ ___ ___ ___ ___ strong ___ ___ ___ ___ ___ .
   for foods bones

6. ___ ___ ___ ___ ___ ___ ___ ___ helps keep us “movin’ and ___ ___ ___ ___ ___ ___ ___ ___ ___ .
   groovin’ exercise

7. The protein ___ ___ ___ ___ ___ ___ ___ ___ group makes our muscles ___ ___ ___ ___ ___ ___ .
   strong food
Lesson 7: The case of the missing fruit on the Food Group Express worksheet, continued

8. The peelings on the ___ ___ ___ ___ were ___ ___ ___ ___ ___ an orange.

   floor from

9. Daily exercise should be ___ ___ ___ ___ of a healthy ___ ___ ___ ___ ___.

   part lifestyle

10. We should exercise ___ ___ ___ ___ ___ not just 1 or 2 ___ ___ ___ ___ a week.

     times everyday

11. The fruit and vegetable ___ ___ ___ ___ ___ give us vitamins ___ ___ ___ ___ ___ minerals.

     groups and

12. One of the clues found in the Movin’ and Groovin’ car was ___ ___ ___ ___ ___ ___ puddle of ___ ___ ___ ___ ___ ___ juice.

     a orange

Decoder: Use the answers in the numbered blanks to match the numbers in the secret code below to solve the mystery message:

E_ _ _ _ _ _ f_ _ _ _ _ _ _ _ f_ _ _ _ _ _ _ a_ _ _ _ _ _ _ t_ _ _ _ _ _ _

1                       2                        3                         4                          5

f_ _ _ _ _ _ _ _ g_ _ _ _ _ _ _ _ _ a_ _ _ _ _ e_ _ _ _ _ _ _ _ _ __ _

6       7                       8                         9

e_ _ _ _ _ _ _ _ _ _ _ _ f_ _ _ _ _ _ _ _ _ _ _ _

10              11              12

h_ _ _ _ _ _ _ _ _ _ _ _ l _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ .

13                                               14