WINTERTIME FOOD & FITNESS

Unscramble each word. Then use the numbered letters to solve the second puzzle.

GEDSDINL	56 3 35 47 52 42
SWNO LPYA	49 45 1 55 14 30 5
TVEABGLEE POSU	53 43 26 36 15 22 6 7
CAOCO	11 40
PKUMIPN SIEFSOT	32 41 4 25 44 33 13 34 38
CDNEA	17 8
PCNOPOR	51 46 9 20
IEC SEKTA	27 16 48 21 10
OHT PEAPL DCREI	2 19 24 50 28 54 37 18 39 31
ILCIH	12 23 29

To view the solution to this puzzle, visit http://nutritionforkids.com/solution.htm

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