

CRYPTOGRAM ANSWERS

1. Eat grains and legumes for good health.
2. Grains are seeds of cereal plants. Pulses are seeds of leguminous plants.
3. Enjoy a wide variety of nutritious food.
4. Eat plenty of breads and cereals.
5. Grains and pulses are nutritious and good for your health.
6. Foods made from grains and pulses are perfect for a healthy diet.
7. Maize is another name for corn.
8. Grains and legumes are bursting with energy giving carbohydrates and are highly nutritious and give a quick fix to zoom through the day.