

Grains double puzzle solution

Unscramble each of the clue words

Copy the letters in the numbered cells to other cells with the same numbers to find the message.

GRNISA

G R A I N S

SUELEMG

L E G U M E S
5

SESED FO EACERL
LASNPT

S E E D S O F C E R E A L P L A N T S
3

LEBDIE SEDSE

E D I B L E S E E D S
6

LUFL FO BIFRE

F U L L O F F I B R E
7

LAHHTYE TIED

H E A L T H Y D I E T
9

SAERATBKF

B R E A K F A S T
10

HULCN

L U N C H
14

RDNIE

D I N N E R

KACSNS

S N A C K S
8

HORWOOESPU OF YENGRE

P O W E R H O U S E O F E N E R G Y
4

WEHTA

W H E A T
12 2

BAEYRL

B A R L E Y
15 11

MIZEA

M A I Z E
13

SANSOEBY

S O Y B E A N S
1

E A T
1 2 3

W E L L
4 5 6 7

S T A Y
8 9 10 11

W E L L
12 13 14 15