

Benjamin Franklin gave us a famous quote. Circle every 3rd letter in the letters below to remember an important rule when planning out your lunch meal.

I U **I** Y T F Y U Y K I O H Y U
N H F R E A T Y I N H L G M T
B K O R U P K J L S W A G Y N
U R Y I U O N J U G R A Y T R
B Y E R B P U I L N H A H Y N
U R N U Y I E D N E W G U Y T
K I O J U F R E A R T I H Y L

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BENJAMIN FRANKLIN