

# Chapitre 7-3: En pleine forme

L M O N D O I T M A N G E R D U R I Z S  
 O S O N O U S D E V O N S Y C P G K S D  
 N B E M R P F Y R C B Q I F O L V G B H  
 F U D N S A P S I A R V E D E N U T V D  
 G Z E J M T L L O N V Y U F E K T D U Y  
 A E T J E E E D V R E L L E D O I T Y K  
 L V I T A F R W E U X I V X F U C S O G  
 T E V L K K P H D C N E S A U T E P A S  
 U D É M C ' E S T B O N P O U R T O I C  
 D S N E I B U D A R E F E T A Ç O B J Y  
 O U P A Z E D E U Q X U E I M T S E ' C  
 I O I L X B E L L E S D O I V E N T O T  
 S V X D V L I P S T M B P K W U R K Z G  
 S U J K G C X K P F I P W R S W G V X G  
 H D J E R L G Y A Q I O J Y X V S M K V  
 G W G F D B Y G B J U X D T L G W R J Y  
 E D T M N O I S J N D W V L P J O C G D  
 N R G C A Q I T O G V M E F I D T H O F  
 J P Y U H Y M S H Y R U M O I S V U M T  
 A J T Z B C Y T N E V I O D S L I U E J

I MUST	WE MUST	HE MUST
AVOID...	SHE MUST	TO HAVE TO
YOU ALL MUST	DON'T SKIP...	THEY (FEM) MUST
YOU SHOULDN'T...	THEY (MASC) MUST	IT'LL DO YOU GOOD
IT'S GOOD FOR YOU	IT'S BETTER THAN...	YOU MUST (INFORMAL)
EVERYONE SHOULD EAT RICE		

# Solution

L M O N D O I T M A N G E R D U R I Z S  
O S O N O U S D E V O N S Y C P G K S D  
N B E M R P F Y R C B Q I F O L V G B H  
F U D N S A P S I A R V E D E N U T V D  
G Z E J M T L L O N V Y U F E K T D U Y  
A E T J E E E D V R E L L E D O I T Y K  
L V I T A F R W E U X I V X F U C S O G  
T E V L K K P H D C N E S A U T E P A S  
U D E M C ' E S T B O N P O U R T O I C  
D S N E I B U D A R E F E T A Ç O B J Y  
O U P A Z E D E U Q X U E I M T S E ' C  
I O I L X B E L L E S D O I V E N T O T  
S V X D V L I P S T M B P K W U R K Z G  
S U J K G C X K P F I P W R S W G V X G  
H D J E R L G Y A Q I O J Y X V S M K V  
G W G F D B Y G B J U X D T L G W R J Y  
E D T M N O I S J N D W V L P J O C G D  
N R G C A Q I T O G V M E F I D T H O F  
J P Y U H Y M S H Y R U M O I S V U M T  
A J T Z B C Y T N E V I O D S L I U E J