

Chapitre 7-3: En pleine forme

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

I MUST
AVOID...
DON'T SKIP...
YOU SHOULDN'T...
IT'S GOOD FOR YOU
EVERYONE SHOULD EAT RICE

HE MUST
SHE MUST
THEY (FEM) MUST
THEY (MASC) MUST
IT'S BETTER THAN...
EVERYONE SHOULD EAT WELL

WE MUST
YOU ALL MUST
TO HAVE TO, MUST
IT'LL DO YOU GOOD
YOU MUST (INFORMAL)

Solution

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