

Healthy Eating: The Importance of Eating¹

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Figure 1. Eating with friends or family can make meals pleasant and improve food intake.
Credits: Purestock/Thinkstock.com

Eating healthy is one of the key ingredients to staying healthy. Complete the fill-in-the-blank activity and reveal the hidden message!

Word Choices

- | | |
|--------|-----------|
| Fruits | Enjoy |
| Water | Nutrition |
| Less | Energized |
| Hard | |

Many health conditions can be improved with better $\frac{\quad}{15} \frac{\quad}{1} \text{ --- } \frac{\quad}{12} \text{ --- } \frac{\quad}{\quad}$.

Eating three or more times a day helps your body stay $\frac{\quad}{11} \text{ --- } \frac{\quad}{2} \text{ --- } \frac{\quad}{9}$.

Eating few $\frac{\quad}{3} \text{ --- } \frac{\quad}{4}$ and veggies limits your intake of important nutrients.

Drinking $\frac{\quad}{6} \text{ --- } \frac{\quad}{14}$ and non-alcoholic and low-sugar beverages keeps you hydrated.

Mouth pain makes it $\frac{\quad}{5} \frac{\quad}{13} \text{ --- } \frac{\quad}{\quad}$ to eat and $\frac{\quad}{7} \frac{\quad}{8}$ food.

People tend to eat $\frac{\quad}{10} \text{ --- } \frac{\quad}{\quad} \text{ --- } \frac{\quad}{\quad}$ when alone. Try eating with friends or family.

$\frac{\quad}{3} \frac{\quad}{12} \frac{\quad}{2} \frac{\quad}{5} \frac{\quad}{4} \quad \frac{\quad}{3} \frac{\quad}{7} \frac{\quad}{14} \quad \frac{\quad}{8} \frac{\quad}{7} \frac{\quad}{1} \frac{\quad}{14} \quad \frac{\quad}{5} \frac{\quad}{11} \frac{\quad}{13} \frac{\quad}{10} \frac{\quad}{4} \frac{\quad}{5}$
 $\frac{\quad}{6} \frac{\quad}{12} \frac{\quad}{4} \frac{\quad}{5} \quad \frac{\quad}{2} \frac{\quad}{7} \frac{\quad}{7} \frac{\quad}{9} \quad \frac{\quad}{15} \frac{\quad}{1} \frac{\quad}{4} \frac{\quad}{14} \frac{\quad}{12} \frac{\quad}{4} \frac{\quad}{12} \frac{\quad}{7} \frac{\quad}{15} \text{ !}$

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Answer Key

Nutrition

Energized

Fruits

Water

Hard and Enjoy

Less

Hidden Message:

Fight for your health with good nutrition!