

# Healthy Eating: The Importance of Eating<sup>1</sup>

Emily Minton<sup>2</sup>

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

<u>Word Choices</u>	
Fruits	Enjoy
Water	Nutrition
Less	Energized
Hard	



Figure 1. Sharing a meal with a family member, friend, or neighbor can make mealtime pleasant and improve food intake.

Credits: Purestock

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

Eating three or more times a day helps your body stay  $\frac{11}{1} \text{ --- } \frac{2}{1} \text{ --- } \frac{9}{1}$ .

Eating few  $\frac{3}{1} \text{ --- } \frac{4}{1}$  and veggies limits your intake of important nutrients.

Drinking  $\frac{6}{1} \text{ --- } \frac{14}{1}$  and non-alcoholic and low-sugar beverages keeps you hydrated.

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

People tend to eat  $\frac{10}{1} \text{ ---}$  when alone. Try eating with friends or family.

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

1. La versión en español de este documento es Alimentación Saludable: La importancia de alimentarse (FCS80012-Span). This document is FCS80012, one of a series of the Department of Family Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Original publication date March 2012. Visit the EDIS website at <http://edis.ifas.ufl.edu>.

2. Emily Minton, B.S., former ENAFS program coordinator, Department of Family, Youth and Community Sciences, University of Florida Institute of Food and Agricultural Sciences, Gainesville, FL 32611.

**Answer Key**

Nutrition

Energized

Fruits

Water

Hard and Enjoy

Less

**Hidden Message:**

Fight for your health with good nutrition!