



FCS80012

Healthy Eating: The Importance of Eating¹

Emily Minton²

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

7	Word Choices
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 $\frac{15}{15} = \frac{1}{1} = \frac{1}{12} = \frac{1}{12} = \frac{1}{12}$.
Eating three or more times a day helps your body stay $\frac{1}{11} - \frac{1}{2} - \frac{1}{2} - \frac{1}{2} = \frac{1}{9}$.
Eating few $\frac{1}{3}$ $\frac{1}{4}$ and veggies limits your intake of important nutrients.
Drinking $\frac{1}{6}$ — $\frac{1}{14}$ and non-alcoholic and low-sugar beverages keeps you hydrated.
Mouth pain makes it $\frac{11}{5}$ $\frac{13}{13}$ to eat and $\frac{1}{7}$ $\frac{1}{8}$ food.
People tend to eat $\frac{10}{10}$ when alone. Try eating with friends or family.
$\overline{3}$ $\overline{12}$ $\overline{2}$ $\overline{5}$ $\overline{4}$ $\overline{3}$ $\overline{7}$ $\overline{14}$ $\overline{8}$ $\overline{7}$ $\overline{1}$ $\overline{14}$ $\overline{5}$ $\overline{11}$ $\overline{13}$ $\overline{10}$ $\overline{4}$ $\overline{5}$
$\frac{1}{6}$ $\frac{1}{12}$ $\frac{4}{5}$ $\frac{1}{5}$ $\frac{7}{7}$ $\frac{7}{9}$ $\frac{1}{15}$ $\frac{1}{1}$ $\frac{4}{14}$ $\frac{1}{12}$ $\frac{4}{12}$ $\frac{1}{7}$ $\frac{7}{15}$!

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Mutrition Energized Fruits Water Hard and Enjoy Less

Answer Key

Fight for your health with good nutrition!