Healthy Eating: The Importance of Eating

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

<table>
<thead>
<tr>
<th>Word Choices</th>
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<tbody>
<tr>
<td>Fruits</td>
</tr>
<tr>
<td>Water</td>
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<tr>
<td>Less</td>
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</tbody>
</table>

Many health conditions can be improved with better [15 1 12] .

Eating three or more times a day helps your body stay [11 2 9] .

Eating few [3 4] and veggies limits your intake of important nutrients.

Drinking [6 14] and non-alcoholic and low-sugar beverages keeps you hydrated.

Mouth pain makes it [5 13] to eat and [7 8] food.

People tend to eat [3 12 2 5 4 3 7 14 8 7 1 14 5 11 13 10 4 5] when alone. Try eating with friends or family.

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

Credits: Purestock
Hidden Message:
Less
Hard and Enjoy
Water
Fruits
Energized
Nutrition

Answer Key

Fight for your health with good nutrition.

Archival copy: for current recommendations see http://edis.ifas.ufl.edu or your local extension office.