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>
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Many health conditions can be improved with better eating. Eating three or more times a day helps your body stay

Eating few fruits and veggies limits your intake of important nutrients.

Drinking water and non-alcoholic and low-sugar beverages keeps you hydrated.

Mouth pain makes it hard to eat and energize food.

People tend to eat less 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
Fight for your health with good nutrition!

Hidden Message:

Less
Hard and Enjoy
Water
Fruits
Energized
Nutrition

Answer Key