



## *“Eat Healthy...Be Active”* Nutrition & Fitness Worksheet

1. When addressing nutrition and fitness, \_\_\_\_\_ is one of the most important things to consider.
2. Establishing \_\_\_\_\_ now, can affect your quality of life for years to come.
3. The “P’s for a healthy lifestyle = \_\_\_\_\_ Points to \_\_\_\_\_.
4. Since the 1960s \_\_\_\_\_ have increased leading to larger people.
5. Tricks to help eat less include: using smaller \_\_\_\_\_, eating \_\_\_\_\_, and drinking more \_\_\_\_\_.
6. Pay attention to how your food is prepared. Healthier cooking methods include \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
7. Healthy fats can come from foods like \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
8. Try to limit \_\_\_\_\_ fats which are found in animal products.
9. *Put-Ons* can include the following: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
10. Our bodies are made up of approximately \_\_\_\_\_% water.
11. Two things you should have plenty of daily are water and \_\_\_\_\_.
12. \_\_\_\_\_ is considered the most important meal of the day to help your body “power-up” your metabolism.
13. When reading food labels pay close attention to \_\_\_\_\_ sizes and the \_\_\_\_\_ of servings per container.
14. Pick out foods that provide good nutrients and minerals like \_\_\_\_\_, Potassium, and \_\_\_\_\_. Be careful of foods that contain too much \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
15. It is recommended that you should get \_\_\_\_\_ minutes of exercise daily.
16. Benefits of exercising include building strong \_\_\_\_\_ and \_\_\_\_\_, improved \_\_\_\_\_ function, better \_\_\_\_\_ health and preventing future health problems.
17. The chronic condition where a person has excess body fat is called \_\_\_\_\_.
18. Eating disorders occur when people have an unhealthy relationship with \_\_\_\_\_.

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## Word Bank

Cardiovascular	Grilling	Balance	Healthy Habits
Practical	Breakfast	Number	Sugar
Obesity	60	Bones	Fat
Portions	Water	Sleep	Muscles
Mental	Ponder	Slower	Food
Vitamin D	Broiling	Serving	Salmon
Sour Cream	Ketchup	Baking	Salt
Olives	Plates	Avocado	Saturated
Mayonnaise	70	Butter	Calcium