



FUELED FOR SUCCESS!
Worksheet

- 1. \_\_\_\_\_ are special ingredients that give you energy and help you grow.
2. Nourish means to develop and \_\_\_\_\_.
3. \_\_\_\_\_ gives us energy.
4. \_\_\_\_\_ can be found in healthy oils.
5. \_\_\_\_\_ make your eyes sparkle and your skin glow.
6. The mineral \_\_\_\_\_ helps keep our teeth and bones strong.
7. Our bodies are made up of \_\_\_\_\_ % water.
8. Protein builds \_\_\_\_\_ and cells to help us grow.
9. The breaking down of food is called \_\_\_\_\_ and it begins in our \_\_\_\_\_.
10. Our small intestines is \_\_\_\_\_ feet long.
11. Our large intestines is \_\_\_\_\_ feet long.
12. The Five Food Groups are: a. \_\_\_\_\_ b. \_\_\_\_\_
c. \_\_\_\_\_ d. \_\_\_\_\_ e. \_\_\_\_\_
13. Candy, soda, cookies and chips are called \_\_\_\_\_.
14. Pizza, tacos and spaghetti are examples of \_\_\_\_\_ foods.
15. We should get \_\_\_\_\_ minutes of exercise every day.

Table with 5 columns: Grow (21), Fats, Nutrients, Protein, Vegetables (Carbohydrates, Vitamins, 65-75), Grains (5, Combination), 60, Fruits, Muscle, Digestion, Dairy (Extras, Calcium, Mouth)

Lesson Sponsors

©MORE HEALTH®, Inc.

