



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 (Carbohydrates), Nutrients (Vitamins), Protein (65-75), Vegetables (60), Grains (5), Combination, Dairy (Extras Calcium Mouth), Fruits, Muscle, Digestion.

Lesson Sponsors

©MORE HEALTH®, Inc.

