



## 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.

<b>Grow</b>	<b>21</b>	<b>Vegetables</b>	<b>60</b>	<b>Dairy</b>
<b>Fats</b>	<b>Carbohydrates</b>	<b>Grains</b>	<b>Fruits</b>	<b>Extras</b>
<b>Nutrients</b>	<b>Vitamins</b>	<b>5</b>	<b>Muscle</b>	<b>Calcium</b>
<b>Protein</b>	<b>65-75</b>	<b>Combination</b>	<b>Digestion</b>	<b>Mouth</b>

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