



## NUTRITION

# FILL IN THE BLANKS

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USE THE SUPPLIED WORDS TO COMPLETE THE FOLLOWING SENTENCES:

FRIENDS - EXERCISE - SUN - FRUITS - HEART - VEGETABLES - SKIN - THIRTY  
2400 - WATER - CARBOHYDRATES - BREAKFAST - MILK - STRETCHING

- 1) KIDS SHOULD EAT \_\_\_\_\_ CALORIES A DAY.
- 2) \_\_\_\_\_ IS THE MOST IMPORTANT MEAL OF THE DAY.
- 3) EVERYONE SHOULD BE ACTIVE FOR AT LEAST \_\_\_\_\_ MINUTES A DAY.
- 4) FITNESS IS MORE FUN WHEN DONE WITH \_\_\_\_\_ AND FAMILY.
- 5) \_\_\_\_\_ PROVIDES CALCIUM FOR YOUR GROWING BODY.
- 6) FOODS LIKE BREADS, PASTA AND POTATOES CONTAIN LOTS OF \_\_\_\_\_ .  
WHICH GIVE YOU ENERGY.
- 7) THE \_\_\_\_\_ GIVES YOU VITAMIN C WHEN YOU ARE OUTSIDE.
- 8) \_\_\_\_\_ AND \_\_\_\_\_ ARE A GOOD SOURCE OF FIBRE.
- 9) \_\_\_\_\_ IS IMPORTANT BEFORE YOU EXERCISE SO YOU DON'T PULL MUSCLES.
- 10) STRESS CAN BE REDUCED BY PARTICIPATING IN REGULAR \_\_\_\_\_ .
- 11) EVERYONE SHOULD DRINK 8 GLASSES OF \_\_\_\_\_ EACH DAY.
- 12) CARDIO IS A GOOD WORKOUT FOR YOU BECAUSE IT INCREASES YOUR \_\_\_\_\_ RATE.
- 13) HAVING A HEALTHY DIET HELPS YOU HAVE CLEARER \_\_\_\_\_ .