Let’s Think About Healthy Eating!

Directions: Answer the following questions in complete sentences.

1. What is a balanced meal?
   
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   __________________________________________________________

2. Why would it be unhealthy to eat just one kind of food all of the time?
   
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   __________________________________________________________

3. Pretend that you ate 2 snacks today. One snack was baby carrots and celery sticks and the other was blueberries and strawberries. Explain how the different colored fruits and vegetables help your body.
   
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4. How do the foods you choose to eat now affect what your life will be like as an adult?
   
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5. Who is your favorite athlete or performer?
   
   __________________________________________________________

6. Why is it important for him or her to eat healthy?
   
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