



Let's Think About Healthy Eating!



Directions: Answer the following questions in complete sentences.

1. What is a balanced meal?

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

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.

4. How do the foods you choose to eat now affect what your life will be like as an adult?

5. Who is your favorite athlete or performer?

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