The healthy eating project

Lydia says an alternative name for healthy eating is having a (1) _____.

Lydia compares the food we eat to (2)_____for our bodies.

Lydia says people do not need to avoid certain foods such as (3)_____.

Lydia says the food pyramid describes the foods we ought to eat and their (4)_____.

Lydia offers to provide listeners with (5)_____which contain fruit and vegetables.

Lydia points out that (6)_____is a non-food source of one vitamin.

Lydia says that (7)_____is an example of a snack we needn't avoid.

Lydia says the action of (8)_____salad items doesn't burn more energy than the food provides.

Lydia gives the example of (9)_____as a drink that is useful for our bodies.

Lydia explains that some people think (10)_____is a substitute for eating healthily.

LIVEWORKSHEETS