

FILL IN THE BLANK



What is healthy food?



The food items that are rich in

1. _____ and have a
2. _____ effect on our
overall 3. _____.



Benefits of Healthy Eating

- Keeps 4. _____, 5. _____ and eyes healthy.
- Boosts 6. _____.
- Supports muscles.
- Strengthens 7. _____.
- Helps the 8. _____ system function.

