Healthy Eating and Fitness: Key to Well-Being

Fill in the blanks with the correct word

additives, staple, ponder, heart palpitations, ailment, outrage, hunchs, conclusive, legitimate, stigma, savory, proclaim, medical journal

Maintaining good health and fitness is essential for everyone, and it's important to understand what we eat and how it affects our bodies. Many people 1_____ whether the 2_____ in processed foods are contributing to common 3_____, such as 4_____ or fatigue. A 5_____ concern is the 6_____ surrounding healthy eating, as some may feel 7_____ at being judged for their food choices. However, making healthy foods, like fruits and vegetables, a 8_____ in our diets can lead to 9_____ health benefits. For instance, 10_____meals that are rich in nutrients can be both delicious and nourishing. As we continue to learn from research published in 11_____, it's crucial to trust our 12_____ about what feels good for our bodies and to 13_____ the importance of health and fitness in our lives.

LIVEWORKSHEETS