1. Taking _____ may help people get extra vitamins and minerals that their bodies need to stay healthy.

2. _____ protects our bodies from harmful bacteria, viruses, and other infections that can make us sick.

3. Eating _____ meal with fruits, vegetables, proteins, and whole grains helps maintain good health and energy.

4. _____ includes a variety of foods and drinks that provide the body with everything it needs.

5. Protein is an important _____ that helps build muscles, repair tissues, and support normal body functions.

6. Children who refuse to eat vegetables may _____ important vitamins and minerals that support their growth and development.

7. Some people have a nutritional _____ because they do not get enough essential vitamins and minerals from their daily meals.

8. When people feel stressed or tired, they sometimes _____ unhealthy foods instead of choosing more nutritious options.

9. Regular exercise and healthy eating habits can _____ many benefits, including stronger muscles and improved heart health.

10. Doctors have noticed a _____ in physical activity among teenagers who spend many hours using electronic devices.

11. Research suggests that a lack of exercise and unhealthy eating habits may _____ several serious health problems.

12. _____ can occur when blood flow to part of the brain is suddenly blocked or interrupted.

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