

To help you complete this worksheet, use the Good Food for You book.

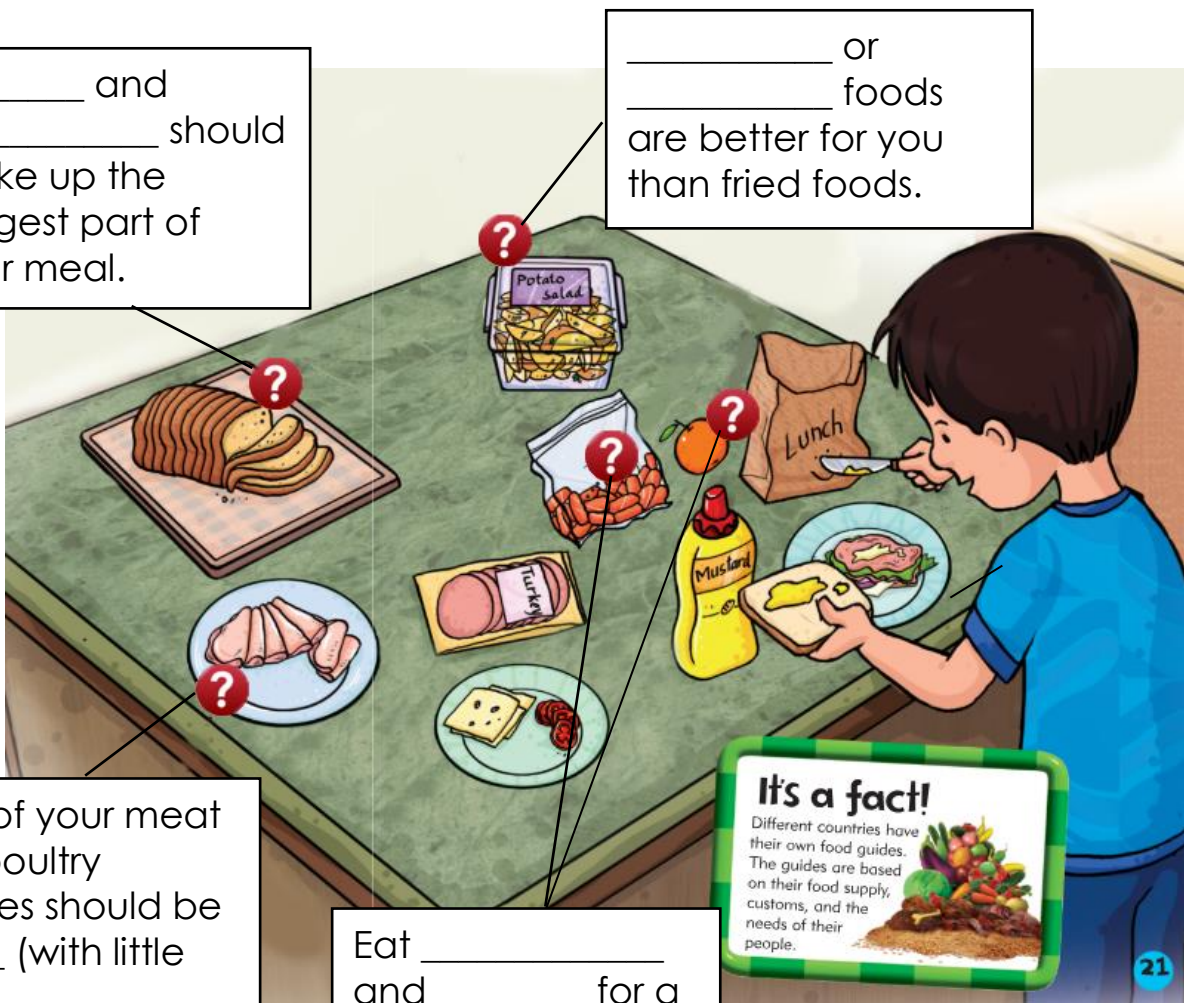


Eating healthy

The _____ of food you need to eat depends on many things, such as your _____ and how active you are. If you eat too much food, you can become _____. If you don't eat enough food, you may develop health problems. Work with a trusted adult to find the _____ food program for you.

_____ and _____ should make up the biggest part of your meal.

_____ or _____ foods are better for you than fried foods.



Most of your meat and poultry choices should be _____ (with little fat).

Eat _____ and _____ for a healthy snack.

It's a fact!
Different countries have their own food guides. The guides are based on their food supply, customs, and the needs of their people.