

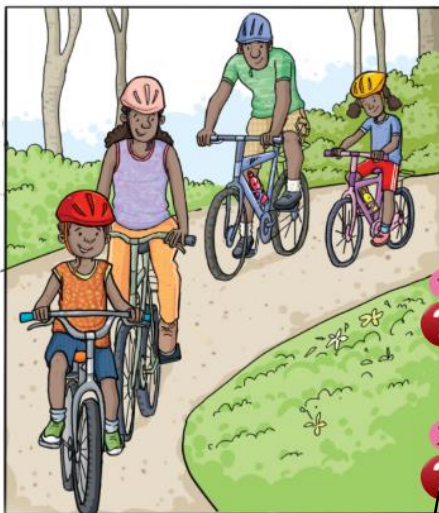
To help you complete this worksheet, use the Good Food for You book.



# Living healthy

Eating healthy foods helps the body fight off \_\_\_\_\_. It also helps the body get well when you are \_\_\_\_\_. But you must also keep an \_\_\_\_\_ mind and body to stay healthy!

3. Eating right can help keep your \_\_\_\_\_ active.



2. \_\_\_\_\_ helps keep the body healthy.



1. Choosing the right kinds of food gives the body \_\_\_\_\_.



5. A good night's \_\_\_\_\_ helps restore the mind and body.

4. The body needs lots of \_\_\_\_\_ every day.