



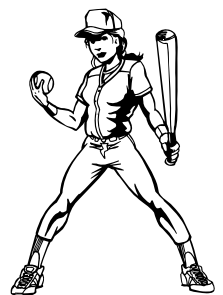
Healthy Lifestyle

Fill in the Blanks!



- | | | | | |
|------------|-------------|---------|------------|-------------|
| enjoyable | genes | parents | bad | stomachs |
| worrying | good | body | fitness | nutrients |
| body image | feel better | legs | well being | food intake |
| muscles | exercise | | | |

1. Heredity refers to qualities or traits we receive from our _____.
2. There are no “_____” foods or “_____” foods. All foods can fit into a healthy diet.
3. Physical activity can be an _____ part of life.
4. Self-esteem is probably the biggest factor that influences our _____.
5. Most pictures of models in magazines have computer changes making their _____ look longer, their _____ look flatter, and their _____ look bigger.
6. During your pre-teen and teen years your _____ is changing quickly.
7. Eating according to Canada’s Food Guide to Healthy eating will give your body the _____ it needs.
8. The _____ that we inherit from our mother and father determine approximately 70% of our body weight and shape.
9. Regular physical activity improves a person’s _____, body shape and size, self esteem and sense of _____.
10. Many people find comfort in eating certain types of food to help make them _____.
11. Some people with a negative body image restrict their _____ or _____ excessively.
12. Adolescents who spend hours _____ over their “imperfect” bodies are missing out on the things in life that really matter.



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