



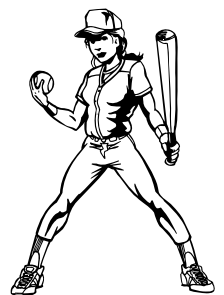
# Healthy Lifestyle

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.



Region of Peel Healthy Department, Toronto Public Health, York Region Health Services, Discovery Healthy Eating! A Teacher's Resource for Grades 1-8, 2000.

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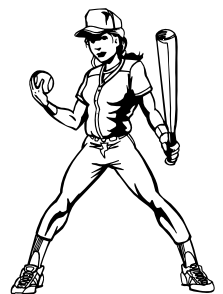


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# Healthy Lifestyle Teacher Answer Sheet

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 parents.
2. There are no “ good ” foods or “ bad ” foods. All foods can fit into a healthy diet.
3. Physical activity can be an enjoyable part of life.
4. Self-esteem is probably the biggest factor that influences our body image.
5. Most pictures of models in magazines have computer changes making their legs look longer, their stomachs look flatter, and their muscles look bigger.
6. During your pre-teen and teen years your body is changing quickly.
7. Eating according to Canada’s Food Guide to Healthy eating will give your body the nutrients it needs.
8. The genes 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 fitness, body shape and size, self esteem and sense of well being.
10. Many people find comfort in eating certain types of food to help make them feel better.
11. Some people with a negative body image restrict their food intake or exercise excessively.
12. Adolescents who spend hours worrying over their “imperfect” bodies are missing out on the things in life that really matter.



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