

Healthy Lifestyle Fill in the Blanks

Answer Sheet

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.

