

Name: _____

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.

