



Ten Steps to Healthy Eating

Fill in the ten missing words. Then copy the letters from the numbered spaces to the spaces below to find the hidden nutrition message. Two have been filled in for you.

1. Make half your plate _____ and vegetables.

4 11

2. Make at least half your _____ whole.

2

3. Choose fat-free or low-fat _____.

13

4. Vary your _____ choices.

P 15 3 5

5. Drink _____ instead of sugary drinks.

9 18 1

6. Be _____ every day.

17 10

7. Snacks can fit into a _____ eating plan.

7 14

8. Enjoy dark green and orange _____.

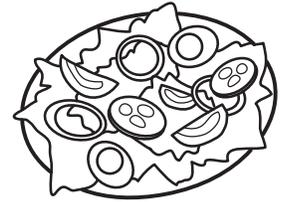
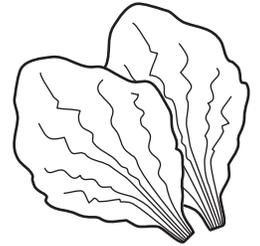
6 16

9. Two types of _____ are salmon and tuna.

12

10. Remember to eat _____ every morning.

19 8



1 2 3 4 5 6 7 8 9 10 11 12

P 13 14 15 16 17 18 19

