

Name: _____ Date: _____

Staying Healthy on your own

1. VRNIESG _____

2. DTIE _____

3. ESMRG _____

4. PEDPARER DOFO _____

5. ACOIBER SRIECEXE _____

6. RSALOCIE _____

7. NRGDEIIETSN _____

8. ITADONDCI _____

9. NMAISIVT _____

10. ACBLNEDA IETD _____

11. NRTTIUINO _____

Word Bank

ADDICTION

NUTRITION

PREPARED FOOD

SERVING

DIET

AEROBIC EXERCISE

INGREDIENTS

BALANCED DIET

CALORIES

GERMS

VITAMINS