

Healthy Choices, Healthy Body

How does a healthy diet and healthy activities help our body? Draw a line from each box to a different body part. Explain which foods and activities are important for that body part and why.

_____ muscles

How does healthy eating help this body part?

What foods & activities help this body part?

How does healthy eating help this body part?

Muscles need healthy food in order to grow.
Strong, healthy muscles keep us safe and let us do many different activities.

What foods & activities help this body part?

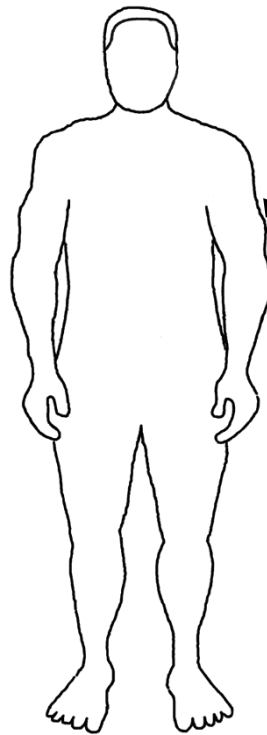
Beef, chicken, eggs and milk have a lot of protein and help muscle growth.

How does healthy eating help this body part?

What foods & activities help this body part?

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