

# Eat Better, Eat Together

Please unscramble the words below related to eating better and eating together. Good luck and have fun!

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1. ialaictosozin	socialization	Eating better and eating together helps increase the amount of _____ you get! It's also a great way to catch up with friends.	9. lytehah	healthy	Eating _____ makes your entire body work better and keeps you feeling younger and healthier.
2. hgraniget	gathering	Having a small family _____ is a great way to eat better together.	10. ngerecuao	encourage	If you _____ healthy habits they will become routine.
3. alfl	fall	In the _____ season farmer's markets are held. This is a great place to buy fresh produce!	11. lgoesuc	glucose	The sugar you eat turns into _____ in your body.
4. onretpi	protein	This necessity is normally found in things like eggs, cod, haddock, lean meat, and nuts.	12. sveteahdr	harvested	Many amazing fruits and vegetables are _____ in the fall.
5. arhraboydect	carbohydrate	This necessity is often thought of as starches and sugars.	13. hasuqs	squash	This is just one of the amazing vegetables that are harvested in the fall, and can be used for most anything.
6. isvnatmi	vitamins	Instead of having to buy supplements try to get the _____ you need from your daily diet.	14. lyifma	family	Sitting down with your _____ and having a healthy meal is one of the best ways to celebrate nationwide eat better, eat together month.
7. ralsmnei	minerals	Vitamins and _____ help keep your bones healthy and your whole body healthy/functioning properly!	15. lvnmotnevei	involvement	By sharing and gathering to eat we are encouraging _____.
8. etksbafar	breakfast	Said to be the most important meal of the day, making sure you get _____ can help to control weight and blood sugar (glucose) levels.	16. maclycstoehihp	phytochemicals	An example of one of these is beta-carotene. It is part of what helps give plants their colors.
			17. geehtotr	together.	Eat better, eat _____.