

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