

## A2

What is healthy eating?

Answer: \_\_\_\_\_

Why is healthy eating important?

Answer: \_\_\_\_\_

How can healthy eating improve our overall well-being?

Answer: \_\_\_\_\_

What are the benefits of eating fruits and vegetables?

Answer: \_\_\_\_\_

What are some examples of healthy snacks?

Answer: \_\_\_\_\_

How can we make healthier food choices?

Answer: \_\_\_\_\_

What are some common unhealthy eating habits?

Answer: \_\_\_\_\_

What are the consequences of poor eating habits?

Answer: \_\_\_\_\_

Why is it important to stay hydrated?

Answer: \_\_\_\_\_

What are some tips for practicing healthy eating habits?

Answer: \_\_\_\_\_

# Answers

What is healthy eating?

Answer: Healthy eating involves consuming a variety of nutritious foods.

Why is healthy eating important?

Answer: Healthy eating is important for maintaining good physical and mental health.

How can healthy eating improve our overall well-being?

Answer: Healthy eating can provide us with more energy and better immune function.

What are the benefits of eating fruits and vegetables?

Answer: Fruits and vegetables are rich in vitamins, minerals, and antioxidants.

What are some examples of healthy snacks?

Answer: Some examples of healthy snacks include carrots, yogurt, and nuts.

How can we make healthier food choices?

Answer: We can make healthier food choices by reading food labels and selecting whole foods.

What are some common unhealthy eating habits?

Answer: Common unhealthy eating habits include excessive consumption of junk food and sugar.

What are the consequences of poor eating habits?

Answer: Poor eating habits can lead to obesity, nutrient deficiencies, and increased risk of disease.

Why is it important to stay hydrated?

Answer: Staying hydrated is important for proper digestion and maintaining body temperature.

What are some tips for practicing healthy eating habits?

Answer: Tips for practicing healthy eating habits include planning meals, cooking at home, and listening to your body's hunger and fullness cues.