-- Free Viewer’s Guide --

Best 10⅓ Tips For Healthy Living

Free Viewer’s Guide For:

- Best 10⅓ Tips For Healthy Eating..........................DCD811
- Best 10⅓ Tips For Table Manners..........................DCD812
- Best 10⅓ Tips For Controlling Anger......................DCD815

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- Green Career Choices
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- Non-Verbal Communication Skills
- Recession Proof Your Career
- Independent Living Skills
- Budgeting Skills
- Nutrition
- Better Nutrition
- Personal Finance
- Job Success
- Kitchen & Food Safety Skills
- Test Taking Skills
- Positive Work Habits
- Basic Job Search

... and MORE!

-- Answer Key --

Know The Tip

1. Enjoy Grains, Fruits, and Vegetables
2. Maintain a Healthy Weight
3. Eat Moderate Portions
4. Eat Regular Meals
5. Drink Plenty of Water
6. Reduce, don’t Eliminate Foods
7. Balance your Choices Over Time
8. Fight Fat
9. Make Changes Gradually
10. Foods are not Good or Bad
10⅓. Take the European View

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### Know The Tips

Fill in the blanks to complete the *Best 10\(\frac{1}{4}\) Tips For Health Eating*. Next to each tip, describe why or why not you need to be better at following it.

<table>
<thead>
<tr>
<th>Tip 1</th>
<th>E_________ G_________, F_________ and V_________</th>
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<tbody>
<tr>
<td>Tip 2</td>
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<tr>
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<td>W_________</td>
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<td>Tip 3</td>
<td>E_________ M_________ P_________</td>
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<td>E_________ R_________ M_________</td>
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<tr>
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<td></td>
<td>F_________</td>
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<td>B_________ your C_________ over</td>
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<td></td>
<td>T_________</td>
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<td>F_________ F_________</td>
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<tr>
<td></td>
<td>B_________</td>
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<tr>
<td>Tip 10(\frac{1}{4})</td>
<td>T_________ the E_________</td>
</tr>
<tr>
<td></td>
<td>V_________</td>
</tr>
</tbody>
</table>
In the puzzle below, find the important healthy eating terms. They may be found up, down, forward, backward, or diagonal.

balance  grains  portion
body mass index  healthy  reduce
choices  live longer  regular
European  moderate  saturated
fight fat  monounsaturated  variety
fruit  pleasure  vegetables
gradual  polyunsaturated  water