

Weight Control Word Scramble



Name: _____

Each scrambled word below relates to weight control. However, each scrambled word contains one extra letter. Unscramble the words and place the extra letter in the last column. Once you've unscrambled all the words, read the extra letters vertically to complete the bonus message.

Clue and scrambled word	Answer	Extra letter
1. To lose weight, you must hbnru more calories than are consumed.		
2. Both diet and eerxsicee are key to weight control.		
3. The number of calories a person needs depends on gathie , weight, and physical activity level.		
4. One key to enjoying exercise is to find an activity that fits your repostinyla .		
5. To take in fewer calories, eat foods containing more water and brtife .		
6. We feel full because of the tuahmn of food we eat.		
7. To control your weight, choose foods low in oacrlise density.		
8. When shopping, avoid foods with nreedif grains.		
9. Also avoid foods with added ursagsn when you're in the grocery store.		
10. When you're traveling, it helps to cskap healthy foods to ensure you have a nutritious snack handy.		
11. When at a restaurant, choose baked, broiled, or delregil meat rather than fried.		

“Good _____ and good _____ are two of life’s greatest blessings.” – Publilius Syrus