## Effects of Good Nutrition (Key)

Complete the circles with a description for each effect of good nutrition.

## **Appearance** helps give you shiny hair, bright eyes, healthy nails and teeth, and smooth **Future Health** clear skin **Fitness** helps you stay helps you stay healthy as you grow energetic and alert older throughout the day Good **Nutrition** Weight **Emotional Strength** helps you reach and helps your body **Effects** maintain a healthy and mind deal with weight stress Healing helps the body **Protection from** build new cells, Illness repair breaks and helps your body sprains, and heal defend against after illness or disease surgery

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