Benefits/Barriers of Eating

A good way for Donald to lose weight is to make a list of healthy eating benefits and healthy eating barriers. Can you help him make his list?

First, fill in the missing letters in the phrases below using the code at the bottom of the page.

When you are finished filling in the blanks, look for words that contain the starred letters in the code. The phrases that contain those words are Benefits. The phrases that do not contain them are Barriers. Put a check mark next to each phrase in the Benefits or Barriers columns.

Healthier Eating Benefits	Healthier Eating Barriers	
		___ ___ ___ ___ ___ ___ ___ will fit better if Donald loses weight. 3 12 15 20 8 5 19
		It's hard to give up ___ ___ ___ ___ ___ ___ ___ ___ while watching the ___ ___ . 19 14 1 3 11 9 14 7 / 20 22
		The guys will make fun of Donald if he tells them he's on a ___ ___ ___ ___ . 4 9 5 20
		Buddies will stop making fun of Donald's ___ ___ ___ ___ ___ ___ ___ ___ ___ . 19 16 1 18 5 20 9 18 5
		Donald will have to cut back on some of his favorite ___ ___ ___ ___ ___ . 6 15 15 4 19
		Donald will have more ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ if he feels good about his ___ ___ ___ ___ . 3 15 14 6 9 4 5 14 3 5 / 2 15 4 25
		Healthy eating will take constant ___ ___ ___ ___ ___ ___ . 5 6 6 15 18 20

Code

1 = A	5 = E	9 = I	15 = O	20 = T
2 = B	6 = F	11 = K	16 = P ★	22 = V
3 = C	7 = G	12 = L ★	18 = R	25 = Y ★
4 = D	8 = H	14 = N	19 = S	

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