

Balanced

To eat foods from different food groups.

Calorie

A measure of the amount of energy provided by a food.

“Extra” foods

Foods that do not contain enough nutrients to fit into one of the five food groups.

Moderation

Making the core of your food choices those with little or no added fats or sugars; eating fewer “extras.”

Serving number

The number of servings needed each day from the five food groups to ensure that the recommended amounts of main nutrients are obtained.

Snack

A mini-meal; food eaten between meals.

Vocabulary Cards - Lesson 4

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