

Advertise

To give information to a person about a product or event. This can be shared through media like television or the internet, on billboards, on food packages and more.

Commercial

A paid advertisement or promotional announcement that can be communicated through television, radio or the internet.

Energy

Power or the ability to be active; foods are like fuel and are changed into energy to make our bodies run.

<p>“Extra” foods</p>	<p>Foods that do not contain enough nutrients to fit into one of the five food groups.</p>
<p>Healthy</p>	<p>Foods or physical activities that help build strong bodies that are well, free from sickness.</p>
<p>Main nutrient</p>	<p>The most important nutrient we get from a certain food group.</p>

Persuade

To urge or advise a person to do something such as purchase a specific food product.

Protein

Substance found in foods we eat that our bodies need for growth and repair of tissues.

Vitamins and minerals

Substances found in the foods we eat that our bodies need for growth and to work properly.

Vocabulary Cards - Lesson 6
