

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.

Food group

Way to group the different foods we eat each day; a given food group will have the same main nutrient in common.

Main nutrient

The most important nutrient we get from a certain food group.

Moderation

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

Nutrient

What we get from food to help our bodies grow strong, develop and stay healthy.

Nutritious

A food containing minerals, vitamins or other nutrients needed for good health.

Physical activity

Any activity that causes your heart to beat faster.

Serving size

The right amount of a given food to eat at a meal or snack.

Serving number

The number of servings needed eat day from the five food groups to ensure that the recommended amount of the main nutrients is obtained.

Snack

A mini-meal; food eaten between meals.

Vocabulary Cards - Lesson 7

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