

Food group

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

Healthy

Foods or physical activities that help build strong bodies that are well, free from sickness.

Nutrient

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

Physical activity

Any activity that causes your heart to beat faster.

Extra foods

Foods that do not have 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.

Food-group food

A food that belongs in one of the five food groups.

<p>Main nutrient</p>	<p>The most important nutrient we get from a certain food group.</p>
<p>Nutrient</p>	<p>What we get from food to help our bodies grow strong, develop and stay healthy.</p>
<p>Snack</p>	<p>A mini-meal; food eaten between meals.</p>

Energy

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

Main nutrient

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

Nutrient

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

Protein

Substance found in foods we eat that our bodies need for growth and building muscles.

Vitamins and minerals

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

Calorie

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

Hand measures

A way to measure the amount of food, using your hand to compare to the proper serving size.

Measure

A way to find the amount of something...in this case, food.

Serving size

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

“Super size”

An amount of food often served in restaurants or packaged as foods to buy in stores that are two to three times the right serving size.

Balanced

To eat foods from different food groups.

Mixed food

Those that contain more than one food group.

Nutrient

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

**“3 out of 5”
Model**

A balanced breakfast contains at least one food from each of the “3 out of 5” food groups: Grains, Breads & Cereals; Fruits OR Vegetables; Milk & Milk Products OR Meat, Beans & Nuts.

Extra foods

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

Nutritious

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

Snack

A mini-meal; food eaten between meals.

Sugar

A substance that occurs naturally or can be added to foods; it is often used to flavor foods to make them taste sweeter.

Heart rate

The number of heart beats per minute.

Hydration

Water provided for a person to keep a correct fluid balance in his or her body.

Low level physical activity

Activities that do not make your heart beat fast. Examples include sitting or walking at a slow pace.

<p>Moderate level physical activity</p>	<p>Activities that make your heart beat faster. Examples include walking at a fast pace or biking.</p>
<p>Physical Activity</p>	<p>Any activity that causes your heart to beat faster.</p>
<p>Vigorous level physical activity</p>	<p>Activities that make your heart beat very fast. Examples include running, swimming or jumping rope.</p>

Vocabulary Cards - Lesson 7

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Grams

A way of measuring weight. The nutrient content of foods is often shown in gram measures.

Nutrition Facts food label

A table printed on the outside of food packages that tells about the calorie and nutrient content of the food inside.

Servings per container

The number of right-size servings contained in the package. Many times, there is more than one serving per container.

Serving Size

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

Sugar

A substance that occurs naturally or can be added to foods; it is often used to flavor foods to make them taste sweeter.

Beverage

Different liquids for drinking at or between meals.

Extra foods

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

Hydration

Water provided for a person to keep a correct fluid balance in his or her body.

<p>Main nutrient</p>	<p>The most important nutrient we get from a certain food group.</p>
<p>Sugar</p>	<p>A substance that occurs naturally or can be added to foods; it is often used to flavor foods to make them taste sweeter.</p>
<p>Thirst</p>	<p>A feeling of dryness in the mouth and throat related to a need or desire to drink.</p>

Vocabulary Cards - Lesson 9

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Balanced

To eat foods from different food groups.

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.

<p>Main nutrient</p>	<p>The most important nutrient we get from a certain food group.</p>
<p>Mixed food</p>	<p>Those that contain more than one food group.</p>
<p>Nutrient</p>	<p>What we get from food to help our bodies grow strong, develop and stay healthy.</p>