

## **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><b>Main nutrient</b></p>	<p>The most important nutrient we get from a certain food group.</p>
<p><b>Nutrient</b></p>	<p>What we get from food to help our bodies grow strong, develop and stay healthy.</p>
<p><b>Snack</b></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.

<p><b>Heart rate</b></p>	<p>The number of heart beats per minute.</p>
<p><b>Hydration</b></p>	<p>Water provided for a person to keep a correct fluid balance in his or her body.</p>
<p><b>Low level physical activity</b></p>	<p>Activities that do not make your heart beat fast. Examples include sitting or walking at a slow pace.</p>

<p><b>Moderate level physical activity</b></p>	<p>Activities that make your heart beat faster. Examples include walking at a fast pace or biking.</p>
<p><b>Physical Activity</b></p>	<p>Any activity that causes your heart to beat faster.</p>
<p><b>Vigorous level physical activity</b></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><b>Main nutrient</b></p>	<p>The most important nutrient we get from a certain food group.</p>
<p><b>Sugar</b></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><b>Thirst</b></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><b>Main nutrient</b></p>	<p>The most important nutrient we get from a certain food group.</p>
<p><b>Mixed food</b></p>	<p>Those that contain more than one food group.</p>
<p><b>Nutrient</b></p>	<p>What we get from food to help our bodies grow strong, develop and stay healthy.</p>