

Nutrition Vocabulary

WHO MADE THIS?

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Nutrition Vocabulary

WORD	DEFINITION
CARBOHYDRATE	A nutrient found in foods like bread, rice, and fruit that provides energy for the body.
CHOLESTEROL	A waxy substance in the blood that helps build cells but can be harmful in high amounts.
DAIRY	Foods made from milk, such as cheese, yogurt, and butter.
DEFICIENCY	A lack of an important nutrient needed for good health.
DIGESTION	The process of breaking down food so the body can absorb nutrients.
ENERGY	The fuel the body gets from food to move, grow, and perform daily activities.
FAT	A nutrient that provides energy and helps the body absorb certain vitamins.
FOOD GROUP	A category of foods that provide similar nutrients, such as fruits, vegetables, or grains.
FRUIT	A plant food that is naturally sweet and rich in vitamins and fiber.
GRAINS	Foods made from wheat, rice, oats, or corn that provide carbohydrates and fiber.
GROWTH	The process of becoming larger and stronger as the body develops.
HEALTH	The condition of the body when it is functioning well and free from illness.
MEAT	A source of protein that comes from animals such as beef, chicken, or fish.
MINERAL	A nutrient like calcium or iron that helps the body build strong bones and maintain health.
NUTRIENT	A substance in food that the body needs for energy, growth, and repair.
NUTRITION	The study of how food affects the body and supports health.
PROTEIN	A nutrient that helps build and repair muscles and body tissues.
PYRAMID	A visual guide that shows recommended amounts of different food groups.
STRENGTH	The ability of the body and muscles to work and perform physical activities.
VEGETABLES	Plant foods that provide vitamins, minerals, and fiber important for good health.
VITAMIN	A nutrient needed in small amounts that helps the body grow and stay healthy.