

## Unit 4 Lesson 2

### Well-Balanced Diet

#### Vocabulary

#### Definition

1. balanced	when a something is given equal attention
2. beans	a seed or a pod
3. beverage	a hot or cold drink
4. bread	a type of food made from flour and water that is mixed together and then baked
5. breakfast	mroning meal
6. cereal	breakfast food made from grain and usually eaten with milk
7. cheese	a solid food made from milk, which is usually yellow or white in color, and can be soft or hard
8. dairy	milk, butter, cheese, etc
9. dinner	main meal of the day, eaten in the middle of the day or in the evening
10. eggs	an egg, especially one from a chicken, that is used for food
11. fats	an oily substance contained in certain foods
12. fish	the flesh of a fish used as food
13. food group	one of the groups that types of food are divided into, such as meat, vegetables, or milk products
14. food pyramid	a visual drawing of a balanced diet created by the federal government as guidelines for nutrition
15. fruit	something that grows on a plant, tree, or bush, can be eaten as a food, contains seeds or a stone, and is usually sweet
16. intake	the amount of food, drink etc that you take into your body

17. lactose	a type of sugar found in milk and other dairy products; lactose intolerance is the inability to digest lactose
18. lunch	meal eaten in the middle of the day
19. meat	the flesh of animals and birds eaten as food
20. milk	a white liquid produced by cows or goats that is drunk by people
21. nutrients	substances used by the body (proteins, fats, carbohydrates, water, vitamins, minerals)
22. nuts	a dry brown fruit inside a hard shell that grows on a tree
23. pasta	an Italian food made from flour, eggs, and water and cut into various shapes, usually eaten with a sauce
24. poultry	meat from birds such as chickens and ducks
25. rice	a food that consists of small white or brown grains that you boil in water until they become soft enough to eat
26. roughage	a substance contained in some vegetables, fruits, and grains that helps your bowels to work
27. serving	an amount of food that is enough for one person
28. source	1. place where you something is found or where something begins 2. the cause of something or where it starts
29. sugar	a sweet white or brown substance that is obtained from plants and used to make food and drinks sweet
30. sweets	sweet food served after the meat and vegetables part of a meal
31. supper	meal you have in the early evening
32. vegetable	a plant that is eaten raw or cooked, such as a cabbage, a carrot, or peas
33. yogurt	a thick liquid food that tastes slightly sour and is made from milk