

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. cereal	breakfast food made from grain and usually eaten with milk
6. cheese	a solid food made from milk, which is usually yellow or white in color, and can be soft or hard
7. dairy	milk, butter, cheese, etc
8. dehydration	to remove the liquid from a substance such as food or a chemical
9. eggs	an egg, especially one from a chicken, that is used for food
10. fats	an oily substance contained in certain foods
11. fish	the flesh of a fish used as food
12. food group	one of the groups that types of food are divided into, such as meat, vegetables, or milk products
13. food pyramid	a visual drawing of a balanced diet created by the federal government as guidelines for nutrition
14. 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
15. intake	the amount of food, drink etc that you take into your body
16. lactose	a type of sugar found in milk and other dairy products; lactose intolerance is the inability to digest lactose

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