

Unit 4 Lesson 3

Diet Modifications

Verb	Definition
1. add	to increase the amount of something
2. avoid	to not use something or to stay away from someone or something
3. balance	1. to consider the importance of one thing in relation to something else when you are making a decision 2. to make something equal in importance 3. get into a steady position, without falling to one side or the other, or to put something into this position
4. chill	to make or keep something cold
5. cook	to prepare food for eating by using heat
6. consume	1. to eat or drink something 2. to use time, energy, goods
7. defrost	let something get warmer so that it is no longer frozen; thaw
8. engage	to be doing or to become involved in an activity
9. gain	to increase in weight, speed, height or value
10. improve	to make something better
11. limit	1. to stop an amount or number from increasing beyond a particular point 2. to stop someone from doing what they want
12. lose	1. to have less of something 2. not able to find something 3. to not win
13. puree	to crush food so that it is almost liquid
14. restrict	to limit or control the size, amount or range of something
15. separate	to divide or split into different parts or to make something do this
16. sustain	to make something continue to exist or happen for a period of time