

Nutrition – Definitions

Name _____

Date _____

Write the definition for each word in the space provided.

starve _____

liquid _____

calorie _____

vitamin _____

serving _____

malnutrition _____

appetite _____

evaluation _____

belief _____

healthy _____

digestion _____

meal _____

moderation _____

overweight _____

weight _____

cholesterol _____

growth _____

proportion _____

quality _____

schedule _____

groceries _____

gram _____

mineral _____

balance _____

carbohydrate

recipe

protein

portion

calcium

indulgence

iron

vegetarian

undernourished

quantity

indigestion

nutrition

habit

taste

metabolism

ration