

UNDERSTANDING BASIC NUTRITION AND DIETARY GUIDELINES

age	alcohol, alcoholic	Anna	apple(s)
apricots	asparagus	avocados	bacon
bake(d)	banana(s)	beans	beef
beets	bell peppers	beverages	Bill
blackberries	blood pressure	blueberries	body
boil(ed)	bread(s), bread group	broccoli	broiled
Brussels sprouts	butter	cabbage	cakes
calcium	calories	candy	canned
cantaloupe	carbohydrates	carbonated soft drinks	carrots
catfish	cauliflower	celery	cereal
cheese	cherries	chicken	chocolate
cholesterol	chopped	citrus	clams
cook, cooked, cooking	cookies	corn	cottage cheese
crab	cranberries	crawfish	cream
cream cheese	dairy products	desserts	diet
dietary fiber	dietary guidelines	edible	eggs
energy	fast food	fat(s), oils,	figs
fish	flour	flowers	food(s)
fried	frozen	fruit group, fruits	gender
grains group	grapefruit	grapes	gravy
greens	health, healthful, healthy	hidden	honeydew melons
hot dogs	ice cream	juice(s)	ketchup
kiwi	lamb	lard	leafy
lean	leaves	lemons	lettuce
limes	low-fat	lunch meat	mangos
margarine	mayonnaise	meal(s)	meat and beans group, meats
medium	milk	milk group, milk products	minerals
moderation	mushrooms	MyPyramid	nutrients, nutrition
nuts	oatmeal	oil(s)	okra
olives	one cup	one-fourth cup	one-half cup
onions	orange(s)	ounces	oysters
packed	papaya	pasta	pastries

peaches	peanut butter	pear(s)	peas
peeled, peels	physical activity level, physically active	pies	pineapple
plant	plums	pods	popcorn
pork	potato chips	potatoes	poultry
prepare(s)	processed	protein	prunes
radishes	raisins	raspberries	raw
rice	roots	salt(y)	sauces
sausage	seeds	serving(s)	shellfish
shortening	shrimp	sour cream	sparingly
spinach	steamed	stems	strawberries
sugar, sugar syrup	sweet(s)	sweets	sweet potatoes
three-fourths cup	tuna	turkey	turnips
variety	vegetable(s), vegetable oils, vegetable group	visible	vitamins
water	watermelons	weight	whole grain(s), whole-grain bread
whole-wheat bread	whole milk	yogurt	

TEACHER DIRECTIONS for TERMS WORD BANK

The terms word bank lists the words that are found in the glossary. The teacher can use the word bank as an informal assessment of a student's ability to read or understand the vocabulary of the unit. The word bank is used for some of the exercises. It can also be used for review and reinforcement of vocabulary.

This activity was developed through a USDA Team Nutrition Training Grant for the Louisiana State Department of Education Division of Nutrition Assistance by Rhonda H. Atkinson.