

## Health and Nutrition

Match the phrases below:

- |                |   |
|----------------|---|
| 1. health      | a. Process of taking food and using it for growth and good health |
| 2. nutrition   | b. all the things you eat and drink                               |
| 3. nutrients   | c. single portion of food or drink                                |
| 4. diet        | d. state of physical, mental and social well-being                |
| 5. calories    | e. foods that are necessary for life                              |
| 6. ingredients | f. units that measure energy in food                              |
| 7. serving     | g. list of foods that make up a recipe                            |

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