

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 |

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 |