

Access Health

Unit 4 Vocabulary Matching

Vocabulary Word	Definition
Healthy ☐	☐ Any food that is not regarded as being helpful to maintaining health.
Unhealthy ☐	☐ Eating well and being physically active.
Choice ☐	☐ Part of a plant that has seeds and skin.
Fruits ☐	☐ Seeds of grassy plants.
Vegetables ☐	☐ A whitish liquid from a female mammal or as the juice of a coconut; like milk.
Grains ☐	☐ Picking between two or more possibilities.
Dairy ☐	☐ Part of the plant that are leaves, stems, roots, or other parts of certain plants.