

A.F. ADDERLEY JUNIOR HIGH
Physical Education Department
Diet and Nutrition
Grades 7 and 8

Teacher: _____

Date: _____

Student's Name _____

Grade: _____

Instructions: - Choose the answer from the Word Bank below to fill in the blanks.

Work Bank

Nutrients	Vitamins	Minerals	Water
Carbohydrates	Fats	Proteins	Balanced Diet
Food Pyramid	Recipe	Nutrition	Ingredients

1. _____ Nutrients that help the body to grow and work.
2. _____ The Nutrient your body needs the most to sustain it.
3. _____ Gives directions on how to fix food.

4. _____ Assist in helping your body to grow and work.
5. _____ When you select various healthy foods from all food groups.
6. _____ Materials that go into foods from all groups.
7. _____ Can assist you with developing a balanced diet if you follow it.
8. _____ Causes specific reactions on the body.
9. _____ Foods that break down into glucose.
10. _____ Help the system to function.