

Fill in the Blank

Instructions: Select the word or term that best fits each incomplete statement. Points are indicated in the brackets (.)

1. _____ is any substance that you can eat or _____, provides the body with nutrients. (1.5)
2. _____ is the study of food and how different food affect the human body. (1)
3. _____ refers to consuming _____ or more nutrients. (1.5)
4. A _____ refers to _____ we eat on a regular basis. (1.5)
5. _____ are _____ substances that are found in foods. (1.5)
6. _____ also helps the body to perform properly on a regular basis. (1)