

TERMS YOU SHOULD KNOW

Select the correct answer for the following definitions.

THE MAIN SOURCE OF ENERGY FOR THE BODY

HOW EACH FOOD IS ORGANIZED TO HELP YOU EAT HEALTHY

A GUIDE TO SHOW THE FOOD TO BE EATEN EACH DAY FROM EACH OF THE BASIC FOOD GROUPS.

USED TO MEASURE THE ENERGY CONTENT OF FOODS AND BEVERAGES.

A DISEASE INVOLVING AN EXCESSIVE AMOUNT OF BODY FAT.