

Nutrition Lesson 4 Interactive Worksheet

Directions: Please match the word/term in column A with the correct definition from column B. All you have to do is draw a line from the popular diet and term column to the definition column. This worksheet will grade your answers when you are done. You will have 8 minutes to complete the worksheet. Good Luck

Column A- Popular Diet and Terms

Column B- Definitions

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|-------------------------|---|
| 1. Lacto-Ovu Vegetarian | a. eats only plant-based foods |
| 2. Ovo Vegetarian | b. lean proteins, fruit, vegetables and no grains |
| 3. Lacto Vegetarian | c. no meat, fish or fowl, eats dairy and egg |
| 4. Vegan | d. no meat, fish, fowl or dairy, eats egg |
| 5. Paleo Diet | e. no meat, fish, fowl or eggs, eats dairy |
| 6. Electrolytes | f. no food with this diet plan |
| 7. Dietary Supplement | h. a chemical substance from plants |
| 8. Weight Cycling | i. minerals that help maintain the body's fluid balance |
| 9. Fad Diets | j. large amounts of a dietary supplement |
| 10. Herbal Supplement | k. a non-food form of one or more nutrients |
| 11. Rehydration | l. do not eat for a period of time |
| 12. Megadose | m. a pattern of weight loss and gain |
| 13. Fasting | n. popular for a short time |
| 14. Liquid Diet | o. restoring lost body fluids |