

## 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

1. Lacto-Ovu Vegetarian

2. Ovo Vegetarian

3. Lacto Vegetarian

4. Vegan

5. Paleo Diet

6. Electrolytes

7. Dietary Supplement

8. Weight Cycling

9. Fad Diets

10. Herbal Supplement

11. Rehydration

12. Megadose

13. Fasting

14. Liquid Diet

### Column B- Definitions

a. eats only plant-based foods

b. lean proteins, fruit, vegetables and no grains

c. no meat, fish or fowl, eats dairy and egg

d. no meat, fish, fowl or dairy, eats egg

e. no meat, fish, fowl or eggs, eats dairy

f. no food with this diet plan

g. a chemical substance from plants

h. minerals that help maintain the body's fluid balance

i. large amounts of a dietary supplement

j. a non-food form of one or more nutrients

k. do not eat for a period of time

l. a pattern of weight loss and gain

m. popular for a short time

n. restoring lost body fluids