



| Term                | Definition   |
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| <b>Calcium</b>      | <p>Calcium is found in many foods we eat and drink. One of calcium's most important jobs is to help our bodies build strong bones.</p> <p>A good way to get calcium is by drinking fat-free, 1% fat and other low-fat dairy products.</p> <p>When our bones are strong, the rest of our body can get strong too!</p>   |
| <b>Calorie</b>      | <p>A calorie is a way to measure how much energy is in food. We can eat too many calories or not enough. Depending on your age, size, gender and amount of physical activity, you will need to eat a certain amount each day to maintain a healthy weight.</p>   |
| <b>Carbohydrate</b> | <p>Carbohydrates (carbs) are found in almost every food we eat. They help our bodies have energy for all the activities we do. Some carbs are better than others.</p> <p>For example, carbs found in fiber-rich whole grains, oatmeal, beans, and fruit keep our bodies energized for a long time.</p> <p>Other foods and drinks like cookies and sodas may have a lot of carbs, but they are mostly made of sugar, which can make your body feel tired again after a short amount of time.</p> <p>Some examples of foods with carbohydrates that release energy slowly are whole-grain bread, whole wheat pasta, oatmeal, brown rice, beans and apples.</p> |
| <b>Cavity</b>       | <p>All of our teeth have hard coatings called enamel that help protect our teeth and keep them strong.</p> <p>Certain foods, like sugar and soda, promote the break down of the enamel, making our teeth weak. When our teeth are weak, things like cavities can form.</p>   |

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|                            | <p>Cavities are holes in the tooth where the enamel has gotten very weak.</p>  |
| <b>Fiber</b>               | <p>Fiber is a nutrient mostly found in plants and vegetables. Fiber helps our bodies digest food and absorb other nutrients as well as getting rid of waste and cholesterol.</p> <p>When we don't have enough fiber our bodies struggle to get rid of all the waste. Types of foods that contain fiber include fiber-rich whole grains (e.g., whole wheat bread, oatmeal) and a variety of vegetables and fruits (e.g., beans, oranges).</p> |
| <b>Fat</b>                 | <p>Fat provides energy for the body and helps it absorb certain vitamins. There are four kinds of fat found in the foods we eat: saturated fat, trans fat, monounsaturated fat and polyunsaturated fat.</p>  |
| <b>Mineral</b>             | <p>Just like vitamins, minerals help your body grow, develop and stay healthy. Our bodies use minerals to for lots of things like building strong bones. Some minerals are even used to maintain a normal heartbeat.</p>   |
| <b>Monounsaturated Fat</b> | <p>Monounsaturated fat is a "better fat" because it does not raise your blood cholesterol. It is found in foods like canola oil, olive oil, almond butter, avacados, nuts and seeds.</p>   |
| <b>Nutrient</b>            | <p>Nutrients are substances found in food that provide our bodies with important things to work and grow. Some nutrients are minerals, some are chemicals and some are vitamins.</p> <p>Examples of nutrients are protein, calcium, Vitamin C and fiber. By eating foods that have a lot of nutrients, our bodies will feel and work better.</p>   |
| <b>Polyunsaturated Fat</b> | <p>Polyunsaturated fat is a "better fat" because it does not raise your blood cholesterol. It is found in foods like vegetable oil, corn oil, soybean oil, liquid margarine, oily fish (salmon, trout, herring), nuts and seeds.</p>   |
| <b>Potassium</b>           | <p>Potassium is needed for your body's growth and</p>  |

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|                      | <p>maintenance. It helps your body keep the right amount of water in your cells and other parts of the body. Potassium also helps your nerves and your muscles work well.</p> <p>Foods with potassium include bananas, cantaloupe, oranges, honeydew melon, tomatoes, spinach and potatoes.</p>  |
| <b>Protein</b>       | <p>Protein is found in many foods; one of the most common is meat. Protein helps your body to build strong muscles. Without enough protein our muscles begin to break down and get weak.</p> <p>Some good ways to get protein are by eating beans, nuts, lean meats and poultry without skin.</p>  |
| <b>Saturated Fat</b> | <p>Saturated fat is a “bad fat” because it can increase the level of cholesterol in your blood; you should not eat as many foods with saturated fat.</p> <p>It is found in foods like whole, full fat and 2% fat milk and dairy products (cheese, yogurt, butter), fatty meats, processed meats (bologna, salami), poultry skin, palm oil, coconut oil, and hydrogenated oil.</p>  |
| <b>Sodium / Salt</b> | <p>Sodium (salt) has an important job when it comes to food. It helps food stay safe when it is sitting in a can or a box in your pantry and helps it taste better too.</p> <p>Although sodium is important, our bodies need very little of it. Often, the foods we buy have much more sodium than our bodies need.</p> <p>Foods that usually contain a lot of sodium are fast foods, restaurant foods, processed foods, canned vegetables, soups, condiments (e.g., soy sauce, steak sauce), seasoning salts, pickles and olives.</p> |
| <b>Sugar</b>         | <p>Sugar is found naturally in many foods, like fruit and milk, and is added into other foods like candy, desserts, sweetened drinks and soda. Too much added sugar is</p>   |

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|                         | <p>bad for our bodies and can cause weight gain, which can increase the risk of diabetes.</p> <p>It is important to limit the amount of added sugars we eat. A good way to satisfy a sweet tooth is with a piece of fruit, like a juicy peach!</p>  |
| <p><b>Trans Fat</b></p> | <p>Trans fat is a “bad fat” because it can increase the level of cholesterol in your blood; you should not eat as many foods that have trans fat.</p> <p>Trans fat is found in foods like stick or hard margarine, shortening, cakes, cookies, crackers, pies, muffins, doughnuts, and French fries made with partially hydrogenated fat (which are made through a industrial process).</p> |
| <p><b>Vitamin</b></p>   | <p>Vitamins and minerals are substances that are found in foods we eat. Our bodies need them to work properly, so we grow and develop like we should. Each vitamin has a special role to play.</p> <p>Examples are Vitamins A, B, C and D.</p>  |

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