

Adventures in Food and Nutrition! © 2012

Chapter 1: Food, Nutrition, and You

Tools:

- Printer
 - 8.5" x 11" paper
 - Scissors
-
-
-
-

Directions:

1. Print
 2. Fold paper in half vertically
 3. Cut along dashed lines
-
-
-
-

advertising

A type of food marketing that involves telling people about food products.

- FOLD -

01 of 21 E-Flash Cards



appetite

The desire to eat certain foods and reject others.

- FOLD -

02 of 21 E-Flash Cards



career wellness

Having a good attitude about school and work and feeling good about what you achieve.

- FOLD -

03 of 21 E-Flash Cards



culture

The knowledge, beliefs, religion, and traditions shared by a group of people.

- FOLD -

04 of 21 E-Flash Cards

custom

A practice a group of people do often;
the usual way of doing things.

- FOLD -

05 of 21 E-Flash Cards



diet

All the foods a person eats.

- FOLD -

06 of 21 E-Flash Cards



emotional wellness

Feeling good about yourself, keeping
friendships, and having a positive
outlook in both good and bad times.

- FOLD -

07 of 21 E-Flash Cards



environment

A person's surroundings and
experiences.

- FOLD -

08 of 21 E-Flash Cards

food marketing

Any type of action that a company takes to get you to buy their food.

- FOLD -

09 of 21 E-Flash Cards



food science

The study of how foods change chemically through natural processes or when they are prepared or stored.

- FOLD -

10 of 21 E-Flash Cards



hunger

The physical need for food.

- FOLD -

11 of 21 E-Flash Cards



intellectual wellness

Keeping your mind active and learning new knowledge and skills.

- FOLD -

12 of 21 E-Flash Cards

lifestyle

The type of life a person leads based on energy and time use.

- FOLD -

13 of 21 E-Flash Cards



nutrients

The materials found in foods that are needed to build and repair body tissues and provide energy.

- FOLD -

14 of 21 E-Flash Cards



nutrition

The study of nutrients and how the body uses them.

- FOLD -

15 of 21 E-Flash Cards



nutritious diet

A diet that includes energy and all the nutrients in the amounts needed.

- FOLD -

16 of 21 E-Flash Cards

philosophical wellness

Knowing what's important to you and finding meaning and purpose in your life.

- FOLD -

17 of 21 E-Flash Cards



physical wellness

Not being sick, eating a healthy diet, being physically fit, and taking steps to avoid injuries.

- FOLD -

18 of 21 E-Flash Cards



product placement

When food marketers pay TV and movie producers to put a product in their show.

- FOLD -

19 of 21 E-Flash Cards



social wellness

Building healthy relationships with family and friends and working to improve the world.

- FOLD -

20 of 21 E-Flash Cards

wellness

Being at the highest level of health.

- FOLD -

21 of 21 E-Flash Cards



Adventures in Food and Nutrition! © 2012
Chapter 1: Food, Nutrition, and You

- FOLD -



Adventures in Food and Nutrition! © 2012
Chapter 1: Food, Nutrition, and You

- FOLD -



Adventures in Food and Nutrition! © 2012
Chapter 1: Food, Nutrition, and You

- FOLD -