

Adventures in Food and Nutrition! © 2016

Chapter 1: Food, Nutrition, and You—Glossary

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

appetite. The desire to eat certain foods and reject others.

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

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

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

diet. All the foods a person eats.

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

environment. A person's surroundings and experiences.

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

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

hunger. The physical need for food.

intellectual wellness. Keeping your mind active and learning new knowledge and skills.

lifestyle. The type of life a person leads including how you spend your time and use your energy.

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

nutrition. The study of nutrients and how the body uses them.

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

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

physical wellness. Not being sick, eating a healthy diet, being physically fit, getting enough sleep, and taking steps to avoid injuries.

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

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

wellness. Being at the highest level of health.