

Name:

Period: Date:

Unit Vocabulary:
Nutrition

1. *Amino Acids*
2. *BMI*
3. *Calorie*
4. *Carbohydrates*
5. *Complete Protein*
6. *Complex Carbohydrates*
7. *Electrolytes*
8. *Fad Diets*
9. *Fat*
10. *Fat Soluble Vitamins*
11. *Fiber*
12. *Food Allergy*
13. *Incomplete Protein*
14. *Insulin*
15. *Lactose Intolerance*
16. *Lipids*
17. *Macro Minerals*
18. *Micro (trace) Minerals*
19. *Minerals*
20. *Negative Energy Balance*

Name:

Period:

Date:

Unit Vocabulary:
Nutrition

21. *Neutral Energy Balance*

22. *Nutrients*

23. *Obesity*

24. *Overweight*

25. *Pancreas*

26. *Positive Energy Balance*

27. *Protein*

28. *Saturated Fat*

29. *Simple Carbohydrates*

30. *Starch*

31. *Type I Diabetes*

32. *Type II Diabetes*

33. *Unsaturated Fat*

34. *Vitamins*

35. *Water*

36. *Water Soluble Vitamins*