**Unit 2 Vocabulary**

**Wellness**

Physical Health

Mental Health

Social Health

Holistic

Habits

**Dietary Guidelines**

*Variety*

*Balance*

*Moderation*

*Serving*

*Portion*

*Habits*

*Caffeine*

*Heart disease*

*Cancer*

*Stroke*

*Diabetes*

**MyPlate**

*menu*

*Vegetarian*

*Vegan*

*Lactose intolerant*

*Gluten free*

*allergies*

**Smart Weight Control**

*Calorie*

*Obesity*

*Overweight*

*Underweight*

*Ectomorph*

*Mesomorph*

*Endomorph*

*Portions*

**Nutrition Labels**

*Serving size*

*Ingredients*

*Percent daily value*

*Imitation*

*Free*

*low*

*reduced*

*Light*

*High*

*good source*

*preservatives*

*Natural flavorings*

*GMO (Genetically modified organism)*

*Artificial Sweetners*

*Recombinant bovine growth hormone (rBGH)*

**Planning Meals**

*Aesthetically Pleasing*

*Texture*

*Flavor*

*Shape*

*Temperature*

*Preparation methods*

*Vegetarian*

*Vegan*

*Lactose intolerant*

*Gluten free*

*Diabetic*

*Food allergy*

**Preparing Nutritious Foods**

*Poaching*

*Steaming*

*Simmering*

*Boiling*

*Baking*

*Deep Frying*

*Pan Frying*

*Shallow Frying*

*Baking*

*Roasting*

**For level one activities, you must pick 4 words from each category for a total of 28**