

Name _____

Match the definition in Column A with a term in Column B.
Write the correct letter on the line at the left.

Column A

Column B

- | | |
|---|-----------------------------|
| _____ 11. A measure of energy in food | a calories |
| _____ 12. A tool that helps people plan a healthful diet | b carbohydrates |
| _____ 13. Chemicals added to foods to keep them from spoiling | c preservatives |
| _____ 14. Taking in the same number of calories you use | d food allergy |
| _____ 15. Excessive dieting | e portion control |
| _____ 16. A measured amount of food recommended for a meal or snack | f energy balance |
| _____ 17. Limiting the number and size of servings you eat | g Food Guide Pyramid |
| _____ 18. A bad reaction to a food most other people can eat | h serving |
| _____ 19. The nutrients your body uses for most of its energy | i ingredients |
| _____ 20. All the things that make up a prepared food | j anorexia |

Name _____

The Food Guide Pyramid is a tool you can use to plan a healthful diet. Complete the pyramid below by writing the number of daily servings from the listed food groups that the government suggests people should have each day to stay healthy.

21. _____

22. _____

23. _____

© Harcourt

Andrea and Hiroko are shopping for a snack to share with their friends. They want to choose a healthful, delicious snack. Describe two things they could learn about foods by reading the Nutrition Facts label.

24. _____

25. _____

