

Core Vocabulary: Check word meanings orally with students. Discuss meanings and give examples for any unknown words or concepts. Use graphics and Reading Passage -Section 5 to help clarify.
(Note: Definitions for some medical terms are provided here solely as an aid to instructors.)

nutrition
diet
energy
feel good
healthy weight
protein group
dairy group
vegetable group
fruit group
grain group
fats and sweets
right size serving
fresh food
frozen food
canned food
nutrition label
food packages
expiration date
bake
broil
grill
steam
fry
recipe

Supplemental Vocabulary (words which may come up in oral discussions or supplemental activities)

From the article: “Choose the Colors of Health”

risk
cancer - a class of diseases in which cells in the body divide and grow in a way that is not normal

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| urinary tract - | the organs and tubes in the body that produce, store, and excrete urine. In humans the urinary system includes two kidneys, two ureters, the bladder, the urethra, and the penis in males. |
| phytochemicals - | naturally occurring chemicals found in plants that may be important in helping protect the body against illnesses |
| antioxidant - | a substance which prevents or slows down oxygen decomposition of a material. |
| potent | |
| cholesterol - | a fatty, waxy alcohol present in animal cells and body fluids. |
| immune system - | the complex group of organs and cells that defends the body against infection and disease by recognizing bacteria and viruses as foreign, and developing a defense against them. This system includes the bone marrow, spleen, thymus, lymph nodes, and a network of thin tubes that carry lymph fluid and white blood cells into all the tissues of the body. |