**good nutrition**

**nutrition / diet**

**energy**

**feel good**

**healthy weight**

**nutrition label**
HEALTH UNIT: SECTION 5

VOCABULARY FLASHCARDS

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grain group

- Bread
- Rice
- Cereal

protein group

- Chicken
- Fish
- Eggs

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dairy group

- Milk
- Yogurt
- Cottage cheese

vegetable group

- Carrots
- Corn
- Peas

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fruit group

- Apples
- Lemons
- Pears

fats and sweets group

- Lard
- Butter
- Cookies

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<table>
<thead>
<tr>
<th>food package</th>
<th>expiration date</th>
</tr>
</thead>
<tbody>
<tr>
<td>fresh</td>
<td>frozen</td>
</tr>
<tr>
<td>canned</td>
<td>recipe</td>
</tr>
</tbody>
</table>

**PASTA SALAD**

- 6 oz. pasta
- 1 bunch broccoli
- 1 green pepper
- 1 red pepper
- 2 carrots
- ½ cup olive oil
- 2 Tbsp red wine vinegar

Cook pasta according to directions on package. Chop broccoli……………..
bake
broil
grill
steam
fry
right size serving
1 serving = 3 oz.