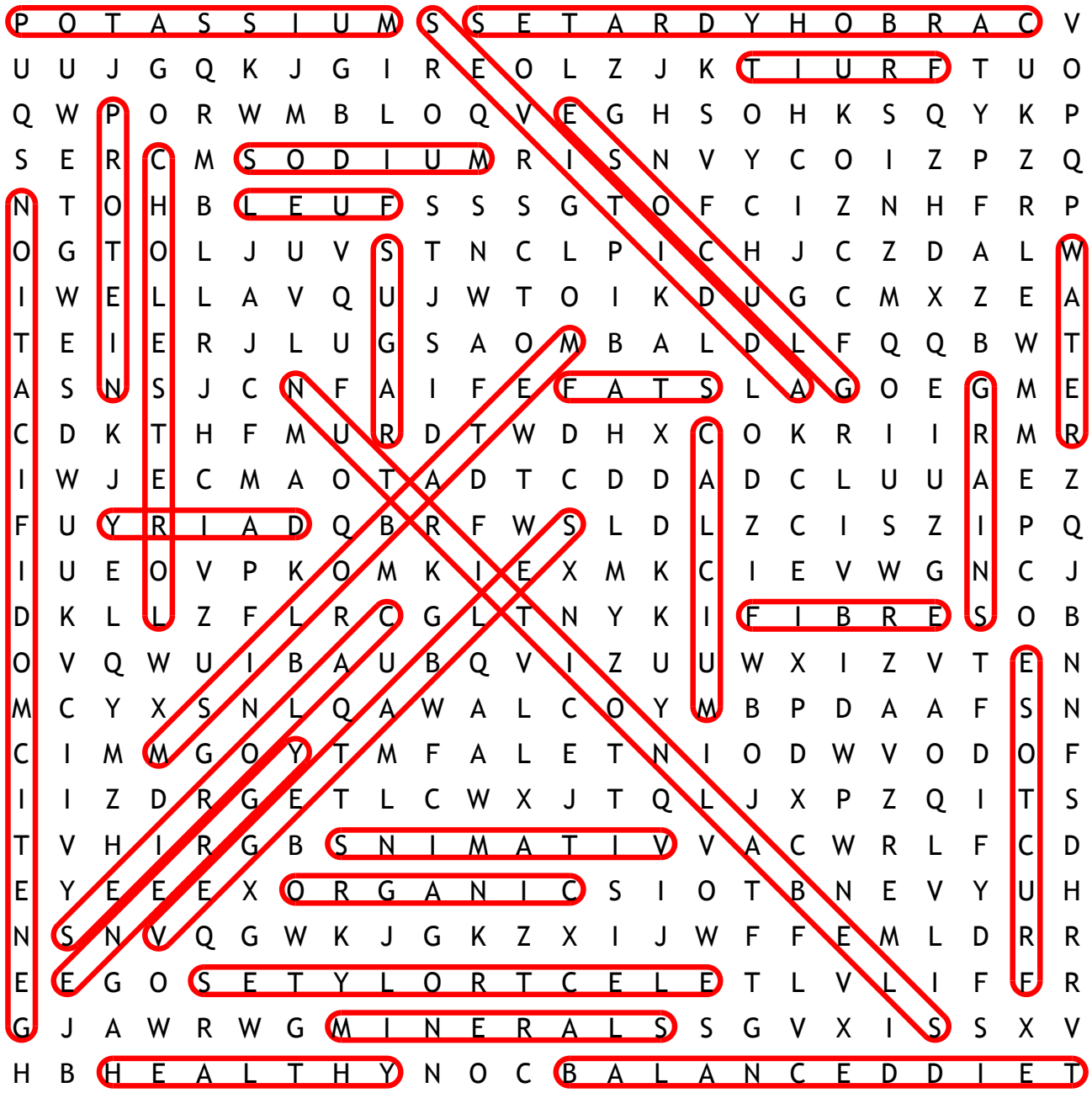
Name: _____ Date: _____

# Healthy Eating - Vocabulary List




Genetic Modification
Electrolytes
Additives
Minerals
Healthy
Grains
Fruit
Fuel
Nutrition Labels
Cholesterol
Potassium
Vitamins
Organic
Sodium
Sugar
Balanced Diet
Metabolism
Calories
Calcium
Protein
Dairy
Water
Carbohydrates
Vegetables
Fructose
Glucose
Energy
Fibre
Fats