**Calorie**

*(Noun)*

A unit of energy (which usually comes from food) that fuels our body.

After Mr. Costello gave a lesson on the energy that comes from a **calorie**, Sophia understood that her body needs **calories** to grow and play.

**Caloric Intake**

*(Noun)*

The number of calories that a person consumes on a daily basis.

Aisha wanted to gain weight, so she made

sure her **caloric intake** was more than her

caloric expenditure.

**Energy Balance**

*(Noun)*

The relation between intake of food and output of work that is positive when the body stores extra food as fats and negative when the body draws on stored fat to provide energy for work.

Josh wanted to assess his **energy balance**,

so he started measuring his caloric intake

and expenditure.

**Energy Expenditure**

*(Noun)*

The amount of calories a person

needs to carry out bodily functions

and engage in physical activity.

Kecia wanted to calculate her **energy expenditure** so she bought an activity tracker that she could wear to calculate calories burned.

**Food Group**

*(Noun)*

A collection of foods that have

similar nutritional values. There are

5 MyPlate food groups.

(Fruits, Vegetables, Grains, Protein, Dairy).

Mary understood the importance of eating

a variety of foods from all 5 **food groups**.

**Hydration**

*(Noun)*

A supply of water to the body in order to restore or maintain a balance of fluids.

Bruce drinks water before, during, and after events in order to maintain healthy **hydration**. By staying **hydrated**, he is able to perform his best.

**Nutrient**

*(Noun)*

A substance that provides

nourishment essential for growth

and the maintenance of life.

Blair consumes a variety of **nutrients** in

order to stay healthy.

**Nutrition**

*(Noun)*

The process of providing or obtaining the food necessary for health and growth.

Julie chooses healthy foods because

she knows that proper **nutrition** is important

for her to be happy and healthy.

**Physical Activity**

*(Noun)*

Any physical movement that

uses the body’s energy.

Taking a walk with my family is a great

**physical activity** and helps us stay healthy.