**Important words for us to understand and use.**

**BALANCE:** All pieces and parts are equal and in correct proportions.

*Candace ate a balanced meal with all 5 food groups on her plate.*

**ENERGY:** The strength and endurance that a person has for physical and mental activity.

*People get energy from the food that we eat.*

**FRUIT:** One of the 5 food groups that includes sweet edible parts of trees and plants.

*Fruit is a healthy food that gives our bodies energy, vitamins, minerals, and fiber to keep our bodies healthy.*

**FOOD GROUPS:** Categories of foods that are similar in the way they grow and the nutrition they provide.

*The 5 food groups include fruits, vegetables, grains, protein, and dairy.*

**HEALTH:** Free from sickness & injury. Physical, mental, and social well-being.

*Physical activity and nutritious foods help to protect our health.*

**High Intensity Interval Training (HIIT):** An exercise routine made up of bursts of intense physical activity with rest intervals in between.

*The 6-minute HIIT routine is a great way to get short fitness breaks into a busy day.*

**IMPROVE:** To make or become better.

*If I’m feeling sick my family gives me oranges with vitamin C to improve the way I feel.*

**Personal Fitness:** A person’s overall state of physical well-being and ability to perform daily task and achieve physical performance goals.

*As an active person, Ben’s goal for his personal fitness is to improve his muscular fitness and his aerobic capacity.*

**PHYSICAL ACTIVITY:** Any movement of the body that requires energy.

*Caleb eats healthy food to give him energy for fun physical activity.*

**RECOGNIZE:** To know something when you see it.

*Sasha could recognize healthy foods at the grocery store.*

**RESPONSIBLE:** To act in a way that is trustworthy and good.

*Benji was a responsible student because his teacher could trust that he would do his classwork and be helpful for others.*

**VEGETABLE:** One of the 5 food groups that includes the nutritious, edible parts of plants.

*Vegetables give our bodies energy, vitamins, minerals, and fiber to keep our bodies healthy and strong.*