

# Terms Related to Lifetime Nutrition and Wellness

As student groups present their reports, record the information in the appropriate spaces below.

TERM	DEFINITION	EFFECT ON LIFETIME NUTRITION AND WELLNESS
1. nutrition		
2. wellness		
3. Daily Values		
4. calorie		
5. foodborne illness		
6. basal metabolic rate (BMR)		
7. malnutrition		
8. fad diets		
9. additives		
10. digestion		
11. dietary supplements		
12. nutrients		
13. dehydration		
14. anemia		

15. antioxidants		
16. functional foods		
17. cholesterol		
18. complex carbohydrates		
19. fiber		
20. eating disorder		
21. enriched food		
22. fortified food		
23. organic		
24. vegetarian		
25. nutrient deficiency		

After all reports have been presented, answer the following questions.

1. How is nutrition related to wellness?
2. What is the relationship of nutritional health to mental and physical health?
3. Why is it important for individuals to understand the basic principles of nutrition?
4. What role does nutrition play throughout the life span?