

Fuel Your Future: Healthy Eating Word Mat

Learning objective: To understand the components of a balanced diet and the impact of nutrition on physical and mental well-being.

Key Vocabulary

Use this vocabulary mat to support your understanding of nutrition. The terms are grouped into three categories: 'Essential Nutrients', 'Balanced Choices', and 'Well-being'.

Balanced Diet A way of eating that provides ...	Macronutrients Large-scale nutrients includ...	Micronutrients Essential vitamins and mine...
Protein Nutrients essential for repairing tiss...	Carbohydrates The body's primary fuel sou...	Fats A concentrated energy source that help...
Fibre A type of carbohydrate that cannot be ...	Hydration The process of replacing water in ...	Portion The specific amount of food served ...
Metabolism The complex chemical process...	Energy Density The amount of energy (calor...	Sugar Content The amount of refined or nat...
Wholefoods Foods that have been process...	Nutrient-dense Foods that contain high leve...	Processed Food that has been altered from i...
Max the monkey i...	Compare and con...	What might happ...
Explain why it is ...	If a student decid...	Nova the owl is o...