

Lesson 1
Fruits, Grains & Vegetables
Vocabulary



Nutrition Words & Terms **TO KNOW**

How many words and terms do you know? Write your answers.

1. Carbohydrate: _____

2. Fiber: _____

3. Nutrient: _____

4. Potassium: _____

5. Vitamin A: _____

6. Vitamin B-2 (Riboflavin): _____

7. Vitamin B-9 (Folate): _____

8. Vitamin B-12 (Cobalamin): _____

9. Vitamin C: _____

10. Vitamin E: _____

11. Whole grain: _____
