

Lesson 2  
Dairy & Protein  
**Vocabulary**



# Nutrition Words & Terms **TO KNOW**

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

1. Amino acids: \_\_\_\_\_

\_\_\_\_\_

2. Calcium: \_\_\_\_\_

\_\_\_\_\_

3. Dairy: \_\_\_\_\_

\_\_\_\_\_

4. Equivalent: \_\_\_\_\_

\_\_\_\_\_

5. Iron: \_\_\_\_\_

\_\_\_\_\_

6. Legumes: \_\_\_\_\_

\_\_\_\_\_

7. Macronutrients: \_\_\_\_\_

\_\_\_\_\_

8. Micronutrients: \_\_\_\_\_

\_\_\_\_\_

9. Muscular system: \_\_\_\_\_

\_\_\_\_\_

10. Non-dairy: \_\_\_\_\_

\_\_\_\_\_

11. Osteoporosis: \_\_\_\_\_

\_\_\_\_\_

12. Protein: \_\_\_\_\_