

Lesson 3  
Ads, Fats & Portions  
**Vocabulary**



# Nutrition Words & Terms **TO KNOW**

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

1. Advertisement: \_\_\_\_\_

2. Calorie: \_\_\_\_\_

3. Empty calories: \_\_\_\_\_

4. Media literacy: \_\_\_\_\_

5. Monounsaturated fat: \_\_\_\_\_

6. Natural flavor: \_\_\_\_\_

7. Nutrition Facts Label: \_\_\_\_\_

8. Portion size: \_\_\_\_\_

9. Serving size: \_\_\_\_\_

10. Sodium: \_\_\_\_\_

11. Whole food: \_\_\_\_\_