

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: _____