

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: _____