Name: Date: Score: / 8

Food and Nutrition: Match the Meaning

Grade 3 vocabulary: nutrition, protein, grain, dairy and more

Read each meaning. Write the letter of the meaning next to the word it matches.

A. food made from milk
B. one amount of food
C. eating the food your body needs
D. the foods a person usually eats
E. a small amount of food between meals
F. a unit that measures energy in food
G. a part of food that builds muscles
H. a seed from plants like wheat, rice and oats

1. _____ grain
2. _____ snack
3. _____ serving
4. _____ calorie
5. _____ nutrition
6. _____ diet
7. _____ dairy
8. _____ protein

✏️ **Pick two words. Write a sentence for each one that shows what it means.**

ANSWER KEY

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1. H grain
2. E snack
3. B serving
4. F calorie
5. C nutrition
6. D diet
7. A dairy
8. G protein