Name: Date: Score: / 8

Nutrition and the Body: Match the Meaning

Grade 5 vocabulary: carbohydrate, metabolism, moderation, sodium and more

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

A. changed from its natural form by factories
B. not too much and not too little
C. a nutrient in bread and rice that gives quick energy
D. a part of plants that helps digestion
E. salt in food
F. a substance in food that the body needs
G. how the body turns food into energy
H. a lack of something needed

1. _____ processed
2. _____ carbohydrate
3. _____ moderation
4. _____ fiber
5. _____ metabolism
6. _____ deficiency
7. _____ sodium
8. _____ nutrient

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

ANSWER KEY

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2. **C** carbohydrate
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