# Vocabulary Review Worksheet

Name: Blank Class: Blank Date: Blank

Fill in the blank with the word that best completes each sentence.

**1.** The combinations of nutrients you eat and the way you eat is called your
 Blank .

**2.** A diet that has enough carbohydrate, fat, and protein in it to meet your body’s needs

has Blank .

**3.** A diet has Blank if it has lots of different foods in it.

**4.** A diet has Blank if it gives you enough calories.

**5.** The Blank provides information such as how much added sugar is in a food product.

**6.** The percent daily value shows how much each Blank listed contributes to the daily diet.

**7.** A licensed Blank provides expert guidance about nutrition.