# Vocabulary Review Worksheet

Name: Blank Class: Blank Date: Blank

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

**1.** Blank foods are altered from the original condition before sold or eaten.

**2.** In a(n) Blank environment, unhealthy convenience foods are the predominant norm.

**3.** Blank is a mineral that your body needs and is the main ingredient found in salt.

**4.** Blank is a condition when the pressure in your blood vessels is higher than normal.

**5.** Derived from animal sources, Blank fat is usually a solid stored at room temperature.

**6.** Fruits and vegetables are good sources of Blank , which help eliminate dangerous chemicals in your body.

**7.** Healthy fats, also known as Blank fats, are found in plant foods and oily fish.