# Vocabulary Review Worksheet

Name: Blank Class: Blank Date: Blank

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

**1.** If you eat more calories than you use, you have a(n) Blank energy balance.

**2.** If you burn off more calories than you eat, you have a(n) Blank energy balance.

**3.** The number of calories you burn to keep your basic body functions working is called  
your Blank .

**4.** When you don’t get enough of a needed nutrient, we call it a(n) Blank .

**5.** The communication inside your body that tells you when to eat and when to stop is your  
 Blank .

**6.** Blank is the desire to eat.

**7.** The number of calories you need each day is called your Blank .