# Vocabulary Review Worksheet

Name: Blank Class: Blank Date: Blank

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

**1.** Blank are the form of energy found in food.

**2.** Blank are the substances found in food that your body needs to survive.

**3.** Healthy carbohydrates contain Blank , which is found in plant foods like fruits and vegetables.

**4.** Blank are substances found in food that provide calories and help build and repair tissue.

**5.** Blank is a tasteless liquid that is essential for life.

**6.** Blank and Blank are small substances found in foods that are essential for life.

**7.** A drink that has no real nutrition value but still gives you calories is a(n)  
 Blank .