# Vocabulary Review Worksheet

Name: Blank Class: Blank Date: Blank

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

**1.** It is most common for food logs to be kept for Blank days.

**2.** When logging your food intake, remember to include the serving Blank of everything you ate.

**3.** When making a SMART nutrition goal you should also include at least one specific   
 Blank you can use to help you reach your goal.

**4.** It is important to ask for Blank to help you achieve your nutrition goals and to stick to your plan.

**5.** Step 5 in creating a nutrition plan is to Blank on your progress.

**6.** Chemistry, biochemistry, nutrition, microbiology, and engineering are all part of the study  
of Blank .