

Vocabulary: Food & Health

A. Nouns

No.	Word	Meaning
1	Nutrition / nutritional	how food affects the body in terms of health and growth
2	Calorie / calorific	unit used to measure energy in food
3	Obesity / obese	condition of being extremely overweight
4	processed food	food that has been altered and contains additives
5	Deficiency / deficient	illness caused by lack of healthy food or poor diet
6	portion	amount of food you eat at one time
7	dietitian	advice from a professional about improving your diet

B. Verbs

No.	Verb	Meaning
8	to digest / digestion	to break down food in the stomach
9	to consume/ consumption	to eat or drink something
10	to nourish / nourishment	to provide the body with what it needs to grow and live
11	to avoid / avoidance	to stay away from something
12	to reduce / reduction	to make something smaller or less
13	to crave / craving	to strongly want something (often food)
14	to maintain / maintenance	to keep at the same level

C. General Vocabulary

No.	Word/Phrase	Meaning
15	well-balanced diet	a diet that contains a good mix of nutrients
16	eating disorder	serious condition related to abnormal eating habits
17	health-conscious	caring about your health and lifestyle choices
18	food allergy	when your body reacts badly to a certain type of food
19	organic food	food grown without artificial chemicals or pesticides
20	sedentary lifestyle	way of living that involves little physical activity
21	nutritional value	the amount of useful substances a food contains