

Vocabulary: Food and Health

Match the definitions with an appropriate word from the box.

- a. a substance that provides nourishment essential for the maintenance of life and growth: _____
- b. food that has been processed or refined as little as possible and is free from artificial substances: _____
- c. produced or involving production without the use of chemical fertilizers, pesticides or other artificial chemicals: _____
- d. grossly fat or overweight: _____ noun: _____
- e. providing all the nutrients necessary for health and growth: of high _____
- f. a range of food of a particular type: vegan/vegetarian _____
- g. a nutrition which provides variation and the correct proportions: _____
- h. an amount of food, air, or another substance taken into the body: e.g. alcohol _____
- i. tending to promote or assist: e.g.a balanced diet is _____ health
- j. food that is commercially prepared to optimize ease of consumption/ ready-to-eat food: _____
- k. having harmful effects on one's health: _____ health
- l. substances (often chemical) that are added to food to improve it: _____
- m. having been given a particular taste by adding artificial substances: _____

wholesome

fare

additives

artificially flavoured

nutrient

conducive to

detrimental to

nutritional value

obese

organic

a balanced diet

intake

convenience food