

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE FOUR

Energy Balance



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CALORIES

(Noun)

Energy from food that fuels our body.

Riley understood that calories from healthy fats, fruits, vegetables, and whole grains are better than calories that come from junk food.

(VA SOL 4.5)

CARBOHYDRATES

(Noun)

A macronutrient that comes from grains, fruits, and vegetables.

Choosing carbohydrates like brown rice, whole grain bread, and fruits and vegetables is important to maintaining a healthy diet.

(VA SOL 4.5)

ENERGY BALANCE

(Noun)

Relates to good nutrition (energy in) and physical activity (energy out).

Mandy started writing down the food she ate and her physical activity to learn about her energy balance.

(VA SOL 4.5)

EXCESSIVE

(Adjective)

An overabundance of something.
More than necessary or normal.

Stacey told Kerri that excessive salt intake can lead to high blood pressure and other health problems.

(VA SOL 4.5)

FAT

(Noun)

A macronutrient found in meats, nuts, oils, fish, and some dairy products.

Mrs. Benson taught us that not all fat is bad; there are some good fats that help our bodies function.

(VA SOL 4.5)

HYDRATION

(Noun)

A supply of water to the body to restore or maintain a balance of fluids.

Liam drinks water before, during, and after exercising to maintain a high level of hydration. By staying hydrated, he can perform his best.

(VA SOL 4.5)

INTAKE

(Noun)

The amount of something (i.e. food) taken into the body.

Jennie started to pay attention to her sugar intake when she learned about nutrition in class.

(VA SOL 4.5)

MACRONUTRIENTS

(Noun)

Nutrients required in large amounts for proper body functioning, including protein, fat, and carbohydrates.

Lucas identified fats, proteins, and carbohydrates as the macronutrients used in the human body.

(VA SOL 4.5)

MODERATE

(Adjective)

Average in amount or intensity.

Mr. Renta had his students choose a moderate physical activity.

(VA SOL 4.5)

PROTEIN

(Noun)

A macronutrient that comes from meat, eggs, and beans.

Since Vanessa is a vegetarian, her source of protein is through foods like beans rather than meat.

(VA SOL 4.5)

VIGOROUS

(Adjective)

Done with great force and energy.

Vera exercised vigorously to condition her cardiovascular system.

(VA SOL 4.5)