

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE FIVE

Energy Balance



More Physical Education Curriculum Tools at www.OPENPhysEd.org
OPEN is a Public Service of US Games

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 5.5)

MINERALS

(Noun)

A substance in the earth that is not plants or animals.

Mr. Rossi taught his class the importance of getting an appropriate amount of the mineral salt in your diet.

(VA SOL 5.5)

PORTION SIZE

(Noun)

The amount of food a person decides to eat at one time.

Kim wanted to gain weight, so she ate larger portion sizes of healthy foods.
(VA SOL 5.5)

RECOMMENDATIONS

(Noun)

A suggestion or proposal.

Nick asked his PE teacher for food recommendations so that she could eat more healthily.

(VA SOL 5.5)

RECOMMENDED DIETARY ALLOWANCE (RDA)

(Noun)

The suggested daily levels of
essential nutrient intake.

Maurice uses the Recommended
Dietary Allowance of various
nutrients to plan out his meals.

(VA SOL 5.5)

VITAMINS

(Noun)

Substances that are essential for normal growth and nutrition.

Orange juice contains vitamin C.
(VA SOL 5.5)