

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE SIX

Energy Balance



More Physical Education Curriculum Tools at www.OPENPhysEd.org
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ENERGY EXPENDITURE

(Noun)

The number of calories a person needs to be physically active.

Your daily energy expenditure should balance with your food intake.

(VA SOL 6.5)

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 6.5)

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 6.5)

MINERALS

(Noun)

Substances in food, like iron, calcium, and potassium, that help the body grow and stay healthy.

Mr. Rossi taught his class the importance of getting an appropriate amount of minerals such as salt in their diet.

(VA SOL 6.5)

PHYSICAL ACTIVITY

(Noun)

Any physical movement that uses the body's energy.

Taking a walk with my family is a great physical activity and helps us stay healthy.
(VA SOL 6.5)

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 6.5)

RECOMMENDED DIETARY ALLOWANCE (RDA)

(Noun)

The suggested daily levels of essential nutrient intake.

Maurice uses the Recommended Dietary Allowance of various nutrients to plan his meals.
(VA SOL 6.5)

RELATIONSHIP

(Noun)

The way that two or more concepts, objects, or people are connected.

In physical education class,
we're learning about the relationship
between hard work and success.

(VA SOL 6.5)

RESTING HEART RATE

(Noun)

The number of times your heart beats per minute while your body is at complete rest.

Mark calculated his resting heart rate while sitting down at his desk.

(VA SOL 6.5)

SALT

(Noun)

A mineral that helps maintain blood pressure, manages the amount of water in the cells, and keep nerves operating.

The teacher said we should avoid foods that are too high in salt because it can increase our blood pressure.

(VA SOL 6.5)

SUGAR

(Noun)

A carbohydrate that is found naturally in fruits, vegetables, and milk products. It is also added to many foods during processing.

The students were asked to create a daily meal plan that was low in sugar.

(VA SOL 6.5)

VITAMINS

(Noun)

Substances that are essential for normal growth and nutrition.

Orange juice contains Vitamin C.
(VA SOL 6.5)