

FOOD GROUP

(Noun)

A collection of foods that have similar nutritional values.

Mary understood the importance of eating a variety of foods from different food groups such as dairy and fruits and vegetables.

(VA SOL 1.5)

MODERATE

(Adjective)

Average in intensity.

Mr. Renta had his students choose a moderate pace for the warm-up activity.

(VA SOL 1.5)

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 1.5)

U.S. DEPARTMENT OF AGRICULTURE (USDA)

(Noun)

The federal department in charge
of creating laws for farming,
agriculture, and food.

The USDA helps the public to know
when food is safe to eat.

(VA SOL 1.5)

VIGOROUS

(Adjective)

Done with great force and energy.

Vera exercised vigorously in order to condition her cardiovascular system.

(VA SOL 1.5)