

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE NINE

Energy Balance



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BODY COMPOSITION

(Noun)

The percentage of fat, muscle, bone, and water found in a human body.

Learning about body composition can help people understand their overall health and personal fitness.

[VA SOL 9.5]

BODY MASS INDEX

(BMI)

(Noun)

Weight-to-height ratio, calculated by dividing one's weight in kilograms by the square of one's height in meters. It is commonly used to determine healthy body mass.

Mr. Malinowski had us compare our body mass index (BMI) scores with other measures of body composition.

[VA SOL 9.5]

CALORIC EXPENDITURE

(Noun)

The number of calories burned by an individual in a given day or for a given task/function.

Aisha wanted to gain weight, so she made sure her daily caloric intake was more than her daily caloric expenditure.

[VA SOL 9.5]

CALORIC INTAKE

(Noun)

The number of calories that a person consumes on a daily basis or in a specific meal.

Aisha wanted to gain weight, so she made sure her daily caloric intake was more than her daily caloric expenditure.

[VA SOL 9.5]

CHRONIC DISEASE

(Noun)

A disease lasting 3 months or more.

Most chronic diseases cannot be cured by medication, but instead require lifestyle and behavior change.

[VA SOL 9.5]

ENERGY BALANCE

(Noun)

The relation between intake of food and output of muscular or secretory work that is positive when the body stores extra food as fats and negative when the body draws on stored fat to provide energy for work.

Mandy wanted to assess her energy balance, so she started measuring her caloric intake and expenditure.

[VA SOL 9.5]

FAT

(Noun)

The major storage form of energy in the body. Also one of the three main nutrients used by the body for energy, found in meats, nuts, oils, fish, and some dairy products.

Not all fats are unhealthy: some good fats are crucial to our body's ability to function, such as the fat found in avocados.

[VA SOL 9.5]

OPTIMAL HEALTH

(Noun)

The state of complete physical, mental, and social well-being.

Mr. Stabler told us we can come closer to achieving optimal health by finding a balance between our physical, mental, and social wellbeing.

[VA SOL 9.5]

SODIUM

(Noun)

A mineral that helps maintain blood pressure, manages the amount of water in the cells, and keeps nerves operating; detrimental in excess.

Mr. Nagengast said we should avoid foods that are high in sodium because it can increase our blood pressure.

[VA SOL 9.5]

SUGAR

(Noun)

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

In moderation, some sugars, like those found in fruits, are good for the body.

[VA SOL 9.5]