**FOOD FOR ENERGY AND HEALTH**

**Calorie-** The unit of measure used to calculate the energy content of food.

**Carbohydrate-** The nutrient that is the body’s most preferred source of energy.

**Diet-** Regular course of eating and drinking adopted by a person.

**Fat-** The nutrient that provides the most energy. It also assists in nerve conduction and the absorption of vitamins.

**Minerals-** Elements found in foods that the body needs to function properly and are not animal or vegetable related.

**Nutrients-** Substances found in food that provide energy, help the body grow and maintain its function.

**Protein-** The nutrient that is used to build tissues. Protein is also used as an energy source when carbohydrate stores are low.

**Vitamins**- Essential substances contained in foods, needed for normal growth.