Spelling Words

1. **nutritious** – adj. - food that keeps you healthy, food that is good for you
2. **healthy** – adj. - good for your body
3. **unhealthy** - adj. - not good for your body
4. **healthier** – adj. – better for your body
5. **junk food** – n. - food that is not healthy
6. **vitamin** – n. – a chemical in food that is good for your health
7. **mineral** – n. - a natural part of some foods like iron
8. **balanced** – adj. - the correct amount of a variety of healthy foods
9. **diet** – n. – foods that you eat
10. **serving** – n. – an amount of food that is correct for one person
11. Everyone needs to eat **nutritious** food.
12. Vegetables are **healthy** for you.
13. Fast food is **unhealthy** for you.
14. I think that skim milk is **healthier** than regular milk.
15. My husband eats too much **junk food**.
16. Broccoli has a lot of vitamins.
17. Iron is a very important **mineral** in food.
18. I eat a variety of foods, so my **diet** is **balanced**.
19. My **diet** is very healthy.
20. I always measure my servings, so I don’t eat too much sugar.