

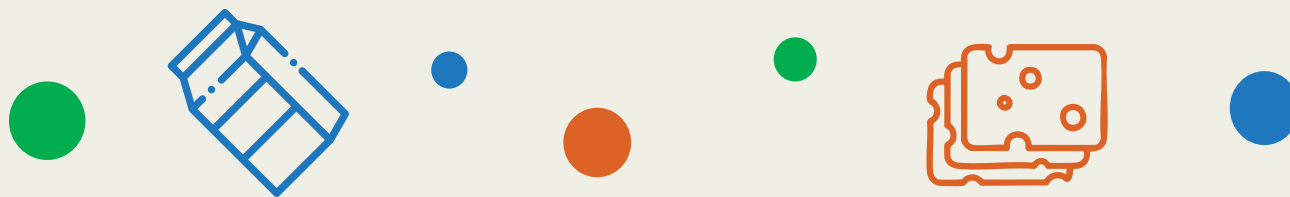
GLOSSARY OF TERMS

LESSON 1

- **Dairy foods** – milk and foods made from milk, like yogurt and cheese, that have special nutrients like calcium and vitamins to help the body and brain grow, develop, and stay healthy
- **Food group** – a set of foods with similar nutrients; Dairy, Vegetables, Fruits, Grains, Protein, which work together to provide nutrition for healthy bodies, minds, and brains
- **Nutrient** – a part of food so small it can't be seen without a microscope and that helps the body and brain grow, develop, and stay healthy; examples: protein, vitamins, minerals like calcium
- **Serving** – the amount of food eaten in a meal or snack

LESSON 2

- **Byproduct** – a leftover from another product; example: the outer peel after an orange has been peeled and eaten
- **Cattle** – a group of large ruminant animals that have hooves and horns; a group of cows
- **Chewing the cud** – chewing food a second time after it has gone to the stomach and come back up to the mouth
- **Digest** – to break down food into small pieces that can be used by the body
- **Herbivore** – an animal that only eats plants
- **Mammal** – a warm-blooded animal that breathes air, has a backbone and hair, and whose mother makes milk
- **Ruminant** – an animal with a complex stomach that chews its food more than one time; examples: cows, sheep, deer, giraffes
- **Upcycle** – to recycle or reuse something to create something new





GLOSSARY OF TERMS



LESSON 3

- **Homogenize** – to break milk into smaller particles to make it smooth so the cream doesn't separate and float to the top
- **Pasteurize** – to heat liquid at a high temperature for a short amount of time to kill any germs and keep it safe to drink
- **Processing plant** – a place where food is packaged or prepared for easy eating or storage; where food can be made into other products to eat like turning milk into yogurt or apples into applesauce
- **Transport** – to carry or move from one place to another

LESSON 4

- **5 senses** – hearing, seeing, smelling, tasting, and touching as a way to know the world around us
- **Culture** – the things that make a person, family, or community of people special or different; a way of life; examples: music, clothes, art, beliefs, food
- **Recipe** – a list of ingredients and instructions to make something, like food



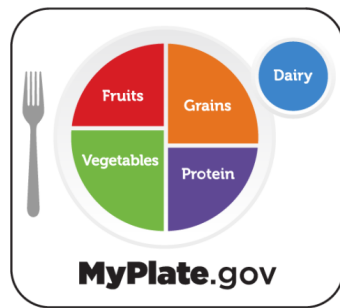


VOCABULARY CARDS

LESSON 1

DAIRY
FOODS

milk and foods made from milk, like yogurt and cheese, that have special nutrients like calcium and vitamins to help the body and brain grow, develop, and stay healthy

FOOD
GROUP

a set of foods with similar nutrients; Dairy, Vegetables, Fruits, Grains, Protein, which work together to provide nutrition for healthy bodies, minds, and brains

FOLD

NUTRIENT



a part of food so small it can't be seen without a microscope and that helps the body and brain grow, develop, and stay healthy; examples: pro-teins, vitamins, minerals like calcium

SERVING



the amount of food eaten in a meal or snack



VOCABULARY CARDS



LESSON 2

BYPRODUCT



a leftover from another product; example: the outer peel after an orange has been peeled and eaten



CATTLE



a group of large ruminant animals that have hooves and horns; a group of cows



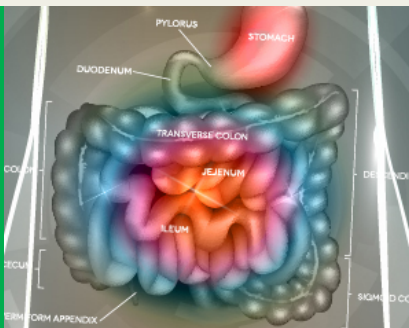
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CHEWING
THE CUD

chewing food a second time after it has gone to the stomach and come back up to the mouth



DIGEST



to break down food into small pieces that can be used by the body

VOCABULARY CARDS

LESSON 2

HERBIVORE



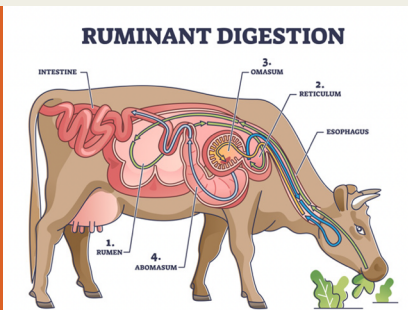
an animal that only eats plants

MAMMAL



a warm-blooded animal that breathes air, has a backbone and hair, and whose mother makes milk

RUMINANT



an animal with a complex stomach that chews its food more than one time; examples: cows, sheep, deer, giraffes

UPCYCLE



to recycle or reuse something to create some-thing new

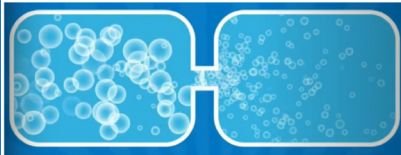


VOCABULARY CARDS

LESSON 3



HOMOGENIZE



to break milk into smaller particles to make it smooth so the cream doesn't separate and float to the top



PASTEURIZE



to heat liquid at a high temperature for a short amount of time to kill any germs and keep it safe to drink



FOLD

PROCESSING
PLANT

a place where food is packaged or prepared for easy eating or storage; where food can be made into other products to eat like turning milk into yogurt or apples into applesauce



TRANSPORT



to carry or move from one place to another



VOCABULARY CARDS

LESSON 4

5 SENSES



to break milk into smaller particles to make it smooth so the cream doesn't separate and float to the top

CULTURE



to heat liquid at a high temperature for a short amount of time to kill any germs and keep it safe to drink

RECIPE



a place where food is packaged or prepared for easy eating or storage; where food can be made into other products to eat like turning milk into yogurt or apples into applesauce

FOLD

