

**Vocabulary Development Activity**

Directions: Read the word in the far left . In the middle column write what you think the definition is, then use the book for the actual.

Vocabulary Word	Your Definition	Actual definition
Dietary Reference Intakes (DRI)		
Estimated Average Requirements (EAR)		
Recommended Dietary Allowance (RDA)		
Adequate Intake (AI)		
Tolerable Upper Intake Level (UL)		
Dietary Guidelines for Americans		
Nutrient-Dense		
SoFAS		
Physical Activity Guidelines for Americans		
MyPlate		
Exchange List for Meal Planning		
Daily Values		
Food Diary		