



# YMCA Awards

Level 3 Nutrition to support  
physical activity

2018

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## **Key nutritional terms**

# Diet

- An individual's current eating pattern
- The food and fluid routinely consumed
- The kinds of food that a person habitually eats
- It can also reflect a special course of food to which a person restricts themselves, either to lose weight or for medical reasons

## Healthy eating

- Eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy
- Eating food that promotes the optimal health of all body systems and prevents the development of disease

# Nutrition

- The process of providing or obtaining the food necessary for health and growth
- The supply of essential nutrients to cells and organisms via the food that we eat

## Balanced diet

- A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health
- Regulating the quantities of the various food groups consumed. Overconsumption of one food group at the expense of another has the potential to upset the body's delicate balance

