Vocabulary check & Glossary

Word	Teacher definition	Kids version
5+ A Day	A New Zealand initiative encouraging at least three servings of colourful vegetables and two servings of fruit each day; a child's serving is roughly the amount that fits in their hand.	Aim for 3 handfuls of vegetables and two handfuls of fruit each day.
Alternative	Another option that can be used instead of the usual choice.	A different choice you can use instead.
Allergy	An immune system reaction to a substance, such as a food, that is usually harmless to most people. Reactions can range from mild to life-threatening.	When the body reacts to something that is usually harmless. Some reactions can be very serious.
Benefit	A helpful effect or advantage that supports health, wellbeing or learning.	Something good or helpful that comes from doing or choosing something.
Build	To support the growth, maintenance and repair of body tissues, including muscles, bones and skin.	Food that helps your body grow and fix itself.
Calcium	A mineral important for building and maintaining bones and teeth, as well as supporting muscles and nerves.	A mineral that helps build strong bones and teeth.

Word	Teacher definition	Kids version
Defeat	To overcome or successfully stop someone or something.	To beat or stop someone or something.
Digestive system	The organs that work together to break down food, absorb nutrients and remove waste from the body.	The body parts that break food down, take in helpful nutrients and get rid of waste.
Energy	The capacity the body gets from food to carry out physical activity, thinking, growth and essential functions such as breathing.	What your body uses to move, think, grow and keep working.
Everyday	A programme term for nutritious foods that support wellbeing and are suitable to eat regularly as part of a varied diet.	Foods that help to fuel, build and protect your body.
Fibre	The parts of plant foods that are not fully digested; fibre supports bowel function and feeds beneficial gut bacteria.	The part of plant foods that helps you poo regularly and feeds the helpful bugs in your gut.
Fuel	To provide the body with energy for movement, learning, growth and its everyday functions.	Food gives your body energy to move, think, learn and play.
Food intolerance	An adverse reaction that happens when the body has difficulty digesting or processing a food. Unlike a food allergy, it does not involve the immune system and is not usually life-threatening.	When someone's body has trouble digesting or handling a food. It may make them feel unwell, but it is different from an allergy.

Word	Teacher definition	Kids version
Gluten-free	Food that does not contain gluten, a protein found in wheat, barley and rye. Some people need to avoid gluten for medical reasons.	Food without gluten, which is found in grains such as wheat, barley and rye.
Gut health	The wellbeing and function of the digestive system, including its community of microorganisms. (Gut microbiome)	How well your stomach and intestines work, including the tiny living things inside them.
Immune system	A network of cells, tissues and organs that works together to defend the body against harmful germs and substances.	Your body's defence team that helps protect you from germs.
Least processed	Food that is in, or remains close to, its original form, although it may have been washed, cut, frozen, dried, canned or cooked.	Food that is still close to how it started or grows in nature.
Lactose intolerant	Unable to fully digest lactose, the natural sugar in milk and some dairy products, which may cause digestive symptoms.	When someone's body has trouble digesting the natural sugar in milk and some dairy foods.
Minerals	Inorganic (Comes from non-living things eg rocks and soil) nutrients needed in small amounts for functions such as building bones, carrying oxygen and maintaining fluid balance.	Helpful nutrients that do jobs such as keeping bones strong and helping blood carry oxygen.
Most processed	Food that has been changed substantially from its original form, often through several manufacturing steps or the addition of multiple ingredients.	Food that has been changed a lot from how it started in nature.

Word	Teacher definition	Kids version
Nutrients	Substances in food that the body needs for energy, growth, repair and normal body functions. Nutrients include carbohydrate, protein, fat, vitamins, minerals and water.	Helpful parts of food that give your body energy and help it grow, repair and work properly.
Dietary needs	Food requirements a person may have for health, medical, cultural, religious or ethical reasons.	Foods someone needs to eat or not eat to stay safe, healthy or follow their beliefs.
Plant-based	Made mainly or entirely from foods that come from plants, such as vegetables, fruit, grains, legumes, nuts and seeds, with no animal-derived ingredients used.	Made only from plants.
Pescatarian	A person who does not eat meat but does eat fish and seafood; they may also eat eggs and dairy products.	Someone who eats fish and seafood but does not eat other meat.
Preferences	Personal food likes and dislikes that influence what someone chooses to eat.	The foods you like, dislike or choose to eat.
Protect	To keep someone or something safe from harm. In this context, nutrients help the body work well and support its natural defences.	To keep something safe from harm. Food can give your body nutrients that help it work well and protect it from germs and sickness.
Protein	A nutrient made of amino acids that the body uses for growth, tissue repair and many essential processes.	A nutrient that helps your body grow and repair itself.

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Sometimes	A programme term for foods that may be higher in saturated fat, added sugar or salt, or highly processed, and are best eaten less often or in smaller amounts.	Foods to enjoy now and then. Foods that do not help us fuel, build or protect.
Vegan	A person who does not eat animal products, including meat, fish, eggs, dairy and honey. They may also avoid other animal products, such as leather and wool.	Someone who chooses not to eat foods that come from animals.
Vegetarian	A person who does not eat meat or fish but may eat foods such as eggs and dairy products.	Someone who does not eat meat or fish but may eat eggs and dairy foods.
Vitamins	Organic (made by living things and contains carbon) nutrients needed in small amounts to support normal growth and many body processes.	Helpful nutrients in food that your body needs to grow and work well.
Wholegrains	Grains that contain all three original parts—the bran, germ and endosperm—and therefore retain more fibre and nutrients than refined grains.	Grains that still have their shell or skin, giving you more fibre and nutrients.