

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

**GRADE THREE**

Energy Balance



More Physical Education Curriculum Tools at [www.OPENPhysEd.org](http://www.OPENPhysEd.org)  
OPEN is a Public Service of US Games

# CARBOHYDRATES

(Noun)

A macronutrient that comes from grains, fruits, and vegetables.

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Choosing carbohydrates like brown rice, whole grain bread, and fruits and vegetables is important to maintaining a healthy diet.

(VA SOL 3.5)

# ENERGY BALANCE

(Noun)

Relates to good nutrition (energy in) and physical activity (energy out).

Mandy started writing down the food she ate and her physical activity to learn about her energy balance.

(VA SOL 3.5)

# FAT

(Noun)

A macronutrient found in meats, nuts, oils, fish, and some dairy products.

Mrs. Benson taught us that not all fat is bad; there are some good fats that help our bodies function.

(VA SOL 3.5)

# HYDRATION

(Noun)

A supply of water to the body to restore or maintain a balance of fluids.

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Liam drinks water before, during, and after exercising to maintain a high level of hydration. By staying hydrated, he can perform his best.  
(VA SOL 3.5)

# MACRONUTRIENTS

(Noun)

Nutrients required in large amounts for proper body functioning, including protein, fat, and carbohydrates.

Lucas identified fats, proteins, and carbohydrates as the macronutrients used in the human body.

(VA SOL 3.5)

# PHYSICAL ACTIVITY

(Noun)

Any physical movement that uses the body's energy.

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Taking a walk with my family is a great physical activity and helps us stay healthy.  
(VA SOL 3.5)

# PROTEIN

(Noun)

A macronutrient that comes from meat, eggs, and beans.

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Since Vanessa is a vegetarian, her source of protein is through foods like beans rather than meat.

(VA SOL 3.5)

# U.S. DEPARTMENT OF AGRICULTURE (USDA)

(Noun)

The federal department in charge of creating laws for farming, agriculture, and food.

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The USDA certifies when food is safe to eat.  
(VA SOL 3.5)