



# Health Opportunities Through Physical Education

## STUDENT WEB RESOURCE

Main Menu

Chapter Menu

Chapter 26. Nutrition: Energy Balance and Consumer Nutrition > Lesson 1 Vocabulary Terms

### Lesson 1 Vocabulary Terms

As you read each of the following terms, try to remember its definition. Then select the term to see its definition and check your memory.

[appetite](#)

[hunger](#)

[negative energy balance](#)

[positive energy balance](#)

[resting metabolic rate](#)

[satiety](#)

Help

