



A nutritionally balanced diet



KEY VOCABULARY

food bank	A place where stocks of food are supplied free of charge to people in need.
charity	An organisation set up or voluntary contributions to provide help and raise money for those in need.
non-profit organisation	A group organised for purposes other than generating profit.
poverty	A state of being extremely poor.
emergency	A serious, unexpected, and often dangerous situation which requires immediate action.
crisis	A time of intense difficulty or danger.
compassion	Sympathetic pity or concern for the suffering or misfortunes of others.
donation	Something which is given as charity.
nutritionally balanced	A balanced diet which fulfils the nutritional needs of the body.
professionals	A person who is engaged or qualified in a profession.
volunteer	A person who works for an organisation without being paid for their services.
referral	The act of referring someone or something for consultation, review or further action.
resolve	Settle or find a solution to something or a problem.
low income	A person who earns low wages.
benefits	A payment made out from the government to someone who has been assessed as being entitled to it.
community	A group of people living in the same place or having a particular characteristic in common.
essentials	A thing which is absolutely necessary.
perishable	An item (food) which is likely to decay or go bad quickly.
non-perishable	An item which can be stored for a long time before being eaten or used.