Food:

Everything a person can eat or drink.

Recipe:

A food item that consists of a combination of ingredients. This has a name, a preparation procedure and a calorie value. A recipe is described for a number of persons. It contains for every ingredient the amount necessary to create the recipe.

Ingredient:

A specific item of food that has a name and a calorie value. An ingredient can be consumed by a person or it can be combined into a recipe.

Calorie:

Calorie is a value of energy. It is specified in kCal. This can be burned by a person or can be contained in an ingredient or recipe.

Calorie intake:

The amount of calories a person eats and drinks during a day.

Exercises level:

This is the amount of exercises a person does in a week. We make a distinction between low, average and high.

Person - Foaf