### Vocab # 1 List

- **Calorie** – a unit used to measure the energy or heat food supplies to the body.

- **Carbohydrates** – nutrients that supply energy and help the body use other nutrients; found in cereals, breads, grains.

- **Digestion** – process by which nutrients are changed chemically in the stomach and intestines into a form that can be absorbed into and used by the body.

- **Fat** – nutrient needed to supply stored energy; found in oils, butter, lard; the most calorically dense nutrient; provides body insulation.

- **Minerals** – nutrients that help build body structure and regulate many processes in the body; examples calcium, iron.

- **Nutrient** – the part of a food that is used by our bodies; examples; protein, fat, carbohydrates, vitamins, and minerals.

- **Protein** – the nutrient that builds and repairs body cells; helps form antibodies to fight infection.

- **Vitamins** – nutrients that are essential for body growth, resisting infection, and keeping the body function properly; examples are vitamin A, C, D, Niacin.

- **Water** – not a nutrient, but you can’t live without it; needed to transport materials through the body, helps muscles move, keeps body tissues from sticking together and keeps the body cool.

### Nutrition Vocabulary

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### Vocab # 2 List

- **Cholesterol** – a type of fat produced in the body; too much can block arteries and lead to heart attack or stroke.

- **Complex Carbohydrates** – contained in foods such as beans, peas, nuts, seeds, fruits, and vegetables, and whole grain breads and cereals.

- **Energy** – the capacity for doing work or supplying power.

- **Food** – a nutrient source for both humans and animals.

- **Polyunsaturated fats** – tend to lower cholesterol levels; found in plant foods such as safflower, corn, sunflower, sesame, and soybean oils.

- **Saturated fats** – tend to raise cholesterol levels; found in most animal products such as meats, butter, cheese, and some processed products such as margarine and mayonnaise.

- **Simple Carbohydrates** – sugars, such as those in candy bars, which provide calories but few nutrients.

- **Sugar** – a simple carbohydrate found in foods like candy, soft drinks, sugar-coated cereals, cookies and ice cream; also called fructose, sucrose, dextrose, maltose, lactose.

- **Salt** – a mineral used to season food; should be used in moderation.

### Vocab # 3 List

- **Additive** – something that does not occur naturally in a food; something added often a preservative or coloring.

- **Anorexia Nervosa** – a dangerous, emotional disease in which a person wants to be very thin, loses appetite, and thinks about food all the time.

- **Appetite** – a desire for food.

- **Balanced Diet** – enough, but not too much, of the right kinds of food.

- **Bulimia** – a dangerous, emotional disease in which people eat enormous quantities of food in a very short time and then throw up or take laxatives to try to get rid of the food.

- **Diet** – a regulated selection of food and drink chosen for reason of health or weight control.

- **Obesity** – excess body fat.