**Terminology**

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| **Vocabulary from the Glencoe Textbook** | | |
| **Term** | **Page Number** | **Definition** |
| Nutrition | 110 | The process by which the body takes in and uses food |
| Calories | 110 | Units of heat that measure the energy used by the body and the energy that foods supply to the body |
| Nutrients | 110 | Substances in food that your body needs to grow, to repair itself, and to supply you with energy |
| Hunger | 111 | A natural physical drive that protects you from starvation |
| Appetite | 111 | The desire to eat, not the need to |
| Carbohydrates | 114 | The starches and sugars present in foods |
| Fiber | 115 | An indigestible complex carbohydrate |
| Proteins | 116 | Nutrients that help build and maintain body cells and tissues |
| Lipid | 117 | A fatty substance that does not dissolve in water |
| Vitamins | 119 | Compounds that help regulate many vital body processes, including digestion, absorption, and metabolism of other nutrients |
| Minerals | 120 | Substances that the body cannot manufacture but that are needed for forming healthy bones and teeth and for regulating many vital body processes. |
| Food Additives | 131 | Substances intentionally added to food to produce a desired effect |
| Food Allergy | 133 | A condition in which the body’s immune system reacts to substances in some food |
| Food Intolerance | 134 | A negative reaction to a food or a part of food caused by a metabolic problem, such as the inability to digest parts of certain foods or food components |
| Food borne Illness | 134 | Food poisoning |
| Pasteurization | 135 | The process of treating a substance with heat to destroy or slow the growth of pathogens |
| Cross-Contamination | 136 | The spreading of bacteria or other pathogens from one food to another |