

Sample Chapter

Word	Definition
Act Out	To express a negative feeling or impulse by behaving in a socially unacceptable
Addictive	A substance that makes somebody an addict
Aerobic Exercise	Exercise that increases your respiration and heart rate
Amino Acids	A part of protein that make up protein containing one or more amino groups and is important to living cells
Antibody	A protein produced by b cells that fights infections
Antigens	A substance that stimulates the production of antibodies
Appetite	The desire for food
Artificial Ingredients	Man-made ingredients that are not organic
Attitude	Personal view of something
B cell	A type of white cell that creates antibodies
Balanced Diet	A diet containing different elements in the right amounts to make a healthy body
Behavior problems	The way somebody behaves that is self-destructive
Brain	The controlling center of the nervous system
Caffeine	A stimulant found in coffee, tea and many sodas made from the cola nut. It is also used in many medicines and painkillers. It can be addictive
Calcium	A white mineral found in some foods such as milk and some green leafy vegetables that help build bones
Calories	A unit of energy producing potential in food. The unit of energy equal to the heat required to raise the temperature of 1kg or water by 1 degree Celsius

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Capillaries	A thin blood vessel
Carbohydrates	An organic compound that is an important source of energy for humans and animals. They are made up of sugar, starch and cellulose
Carbonated Water	Water infused with carbon dioxide gas used a lot in soft drinks
Cardiac Muscle	The heart
Cells	The smallest self functioning unit in the structure of an organism
Chemical Reaction	A process involving changes to substances as it relates to their molecular composition
Chemicals	Substances that are called bases or acids that can be added to foods
Cholesterol	A solid compound in the blood that can block arteries if it exists at high levels
Circulatory System	The body's blood pumping and delivery system made up of the heart and blood vessels
Colon	The section of the intestine that ends at the rectum
Coma	A long period of unconsciousness
Complex Carbohydrates	A carbohydrate that is made of up more than two sugar molecules and takes longer to be absorbed into the body
Concentrating	Devote effort to one thing
Dehydrated	Lacking water in the body
Dehydration	A dangerous lack of water in the body
Dermis	The thick layer of skin underneath the epidermis that contains blood, sweat glands and nerve endings

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Diabetes	A disease in which the body produces inadequate insulin resulting in excess sugar in the blood. Diabetes can lead to problems with other systems in the body
Digestion Process	The process of the body breaking down food so that it can be absorbed by the body and either used or excreted
Digestive System	The system in the body that has to do with the digestion of food
Emotional eating	Eating in an attempt to make your emotional state feel better
Emotional stress	Openly affected by emotion, especially, sadness
Emotion	A strong feeling about somebody or something
Endorphins	A substance in the brain that creates a feeling of well being
Endurance	The ability to bear prolonged exertion
Energetic	Showing great vigor or force
Energize	Giving someone or something energy
Epidermis	The outer layer of the skin
Esophagus	The passage down which food moves between the throat and the stomach
Evaporates	When a liquid changes to a vapor or gas
Exercise	Physical activity
Fat Soluble	Capable of being absorbed by or stored in fat
Fat(s)	A greasy non water soluble solid that is one of the main nutritional parts of food

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Fiber	A long slender thread or filament
Flexibility	The ability of bending repeatedly without damage or injury
Fracture	A break in a bone
Glucose	A sugar energy source
Growth Hormones	A chemical or substance that is used to make animals grow bigger and faster than they would without these additives
Guilt	Awareness of wrongdoing
Heart Disease	A chronic illness in which the heart is not functioning in a healthy manner
Hemoglobin	An oxygen transporting substance in the blood
Hormones	A regulating chemical in the body that can effect metabolism and growth and development
Hospitalization	Put someone in the hospital
Hydrogen	A colorless gas that exists in the air
Impurities	Substances that change or contaminate something
Integumentary System	The skin (epidermis, dermis and hypodermis) plus nails, hair and various glands found in the skin
Intestines	The part of the digestive system that is between the stomach and the anus that digests and absorbs food
Involuntary Muscles	Smooth muscles that act independently of thought
Iron	A metallic element that is present and needed in small amounts in the blood
Junk Food	Food products that have little or no nutritional value

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Kernel	The grain of a cereal that contains a seed and husk. It can also be an edible content of a nut or fruit
Lipids	Organic compound made up of fats and oils
Liver Disease	A damaged liver, an unhealthy liver
Lungs	An organ in the body for breathing
Metabolic Rate	The speed at which your body turns food into energy
Metabolism	The process by which your body turns food into energy
Microscopic	Very small, too small to see without a microscope
Mineral(s)	An inorganic substance that occurs naturally and must be eaten by animals and plants to remain healthy
Mood(s)	A state of mind at a particular time
Moodiness	Unpredictably grumpy or gloomy
Muscles	Body tissue that expands and contracts to produce movement of the body
Nervous	Uneasy, having a feeling of dread or apprehension
Nutrients	Any substance that provides nourishment (food) for the body
Nutrition	The minerals, vitamins and other nourishing substances found in food
Nutritionist(s)	Somebody who studies or is an expert on nutrition
Nutritious	Containing minerals, vitamins and other substances that promote health
Obesity	A medical condition indicated by storage in the body or excess body fat
Organ(s)	Body parts that have specific functions

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Organic	Something that develops naturally from living things
Ounce(s)	A unit of measure that is either one-sixteenth of a pound or in the case of a fluid ounce, it is .03 of a liter (A measurement that is close in size to a quart)
Overeating	Eating too much food, especially habitually
Overweight	Too heavy for good health
Oxygen	A colorless odorless gas that is the most common chemical element and is needed by animals and humans to live
Phagocyte	A cell in the body such as a white blood cell that surrounds and eats unknown particles such as wastes and bacteria
Physical	Relating to the body rather than the mind
Portion(s)	A helping of food
Potassium	A mineral needed for healthy muscles
Preservative	A chemical that is added to foods to keep them from spoiling for a longer period of time than they otherwise would
Protein Fibers	A food source that is rich in protein and has a fibrous structure
Proteins	A food source that is rich in protein molecules
Refined Grain(s)	Grains that have had the husk and nutrients removed by a an industry process
Reflexes	An action that is automatic and involuntary
Relax	Spend time at ease
Respiratory System	The body's air breathing system

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Resting Heart Rate	The rate of your heart beat when you are not moving or active
Retinol	Vitamin A
Routine	The usual way tasks or activities are arranged
Saturated Fat	A fat from animal products
Self Talk	Mental talking, the things that an individual says to him or herself
Serotonin	A natural chemical in the body that acts as a transmitter that affects emotional states
Simple Carbohydrates	A carbohydrate that does not contain any or little fiber and is absorbed very quickly into the body
Skeleton	The bones of a person or animal that provides a protective support for the body
Skin	A natural layer that covers an animal's or human's body
Sleep deprived	The state of not having enough sleep
Starches	A type of carbohydrate
Stimulating	Something that causes one to become more alert
Strength	The physical or mental power that makes somebody or something strong
Stress	Mental, emotional or physical strain caused by anxiety or overwork
Subcutaneous	Under the skin
T cell	A type of white blood cell that helps in fighting virus infections and cancers

Sample Chapter

Word	Definition
Tissues	Groups of cells in an organism that are similar in form and function
Toxins	Any substance that accumulates in the body that is considered to be harmful or poisonous to the body
Trans Fat	An artificial man made fat
Under Nourished	Not having enough nutrients to be healthy
Under-Eating	Lack of eating inspired or governed by emotion rather than reason or will-power
Urine	The yellowish liquid that has waste products from the body that is excreted by the kidneys and discharged through the urethra
Veins	Vessels that carry blood around the body
Virus	A very small particle that lives as a parasite in plants, animals and bacteria. They can make you sick
Vitamin(s)	An organic substance that are needed for the nutrition and normal metabolism of humans and animals
Voluntary Muscles	A muscle made up of striated fibers that is controlled by the person thinking about the action
Water Soluble	Capable of being dissolved completely in water
Whole Grain(s)	A grain that is whole and has not been broken apart. A grain that still has the nutritious part of it still as part of the grain