

## 8Aa – Food and advertising

Word	Pronunciation	Meaning
claim		A statement that is supposed to be true.

## 8Aa – Nutrients

Word	Pronunciation	Meaning
carbohydrate	<i>car-bO-high-drate</i>	A nutrient that is used as the main source of energy.
constipation	<i>con-stip-ay-shun</i>	When the intestines get blocked.
diet		The food that you eat.
fat		A nutrient that is stored to be used for energy in the future. It also acts as a thermal insulator.
fibre	<i>fY-ber</i>	A substance found in food that is not used up by the body. It helps to keep our intestines clean.
lipid		Fats (and oils) are part of a large group of similar substances called lipids.
mineral (biology)		An element that is a nutrient needed in small quantities for health (e.g. calcium). Minerals are found in foods and soils as compounds called mineral salts.
mineral (chemistry)		A naturally occurring element or compound that can form distinct grains in rocks.
mineral salt (biology)		A compound containing an important element that is needed in small quantities for health (e.g. calcium). Plants get their mineral salts from the soil, animals get them from food.
nutrient	<i>new-tree-ent</i>	A substance needed in the diet to provide raw materials for making new substances and for energy release.
nutrition	<i>new-trish-un</i>	The substances that help organisms respire and grow. All organisms need nutrition.
oil (biology)		A liquid fat.
protein	<i>prO-teen</i>	A nutrient used for growth and repair.
raw material		A substance used to make other substances.
starch		A type of insoluble carbohydrate found in plants.
sugar		A type of soluble carbohydrate. Glucose is an example of a sugar.
vitamin		A nutrient needed in small quantities for health (e.g. vitamin C).

## 8Ab – Uses of nutrients

Word	Pronunciation	Meaning
fuel		A substance that contains a store of chemical or nuclear energy that can easily be transferred.
kilojoule (kJ)	<i>kill-O-jool</i>	A unit for measuring energy. There are 1000 joules (J) in 1 kilojoule (kJ).
respiration	<i>res-per-ay-shun</i>	A process in which energy is released from substances so it can be used by an organism. All organisms respire.
transfer		When energy moves from one place to another.

## 8Ac – Balanced diets

Word	Pronunciation	Meaning
anaemia	<i>an-ee-me-a</i>	A deficiency disease caused by a lack of iron. Causes tiredness and shortness of breath.
balanced diet		Eating a wide variety of foods to provide all the things the body needs.
deficiency disease	<i>def-ish-en-see</i>	A disease caused by a lack of a nutrient.
heart disease		A disease caused by narrowing of the arteries carrying blood to the muscles of the heart, so the heart muscles do not receive enough oxygen.
kwashiorkor	<i>kwash-ee-or-kor</i>	A deficiency disease caused by a lack of protein.
malnutrition	<i>mal-new-trish-un</i>	A problem caused by having too much or too little of a nutrient in the diet. Obesity, starvation and deficiency diseases are all examples.
night blindness		A deficiency disease caused by a lack of vitamin A. A person with the disease cannot see very well in dim light.
obesity	<i>ob-ee-sit-ee</i>	Being very overweight.
Reference Intake (RI)		The amount of a nutrient that people are advised to eat in a day.
rickets		A deficiency disease caused by a lack of calcium (or a lack of vitamin D). It causes weak and poorly shaped bones.
scurvy		A deficiency disease caused by a lack of vitamin C. Joints hurt, the gums bleed and cuts take a long time to heal.
starvation	<i>star-vay-shun</i>	A form of malnutrition in which people lack many nutrients.

## 8Ad – Digestion

Word	Pronunciation	Meaning
absorb		'To soak up' or 'to take in'.
anus	<i>ay-nus</i>	The opening at the end of the gut.
bacterium	<i>bac-teer-ee-um</i>	A type of prokaryote microorganism. Plural is bacteria.
catalyst	<i>cat-a-list</i>	A substance that speeds up a chemical reaction, without itself being used up.
digestion	<i>dye-jes-jun</i>	A process that breaks food into soluble substances in our bodies.
digestive juice	<i>dye-jest-iv</i>	A liquid containing enzymes that break down food.
digestive system	<i>dye-jest-iv</i>	An organ system that breaks down food.
egestion	<i>ee-jes-jun</i>	When faeces are pushed out of the anus.
elimination		Another term for 'egestion'.
enzyme		A substance that can speed up some processes in living things (e.g. breaking down food molecules).
faeces	<i>fee-sees</i>	Waste food material produced by the intestines.
food pipe		A non-scientific term for the oesophagus.
gullet		Another term for 'oesophagus'.

Word	Pronunciation	Meaning
gut		The organs that form the tube running from the mouth to the anus.
ingestion	<i>in-jes-jun</i>	Taking substances into the body. For example, we ingest food using our mouths.
insoluble	<i>in-sol-you-bul</i>	Describes a substance that cannot be dissolved in a certain liquid.
large intestine	<i>in-test-in</i>	An organ in which water is removed from undigested food.
liver		An organ used to make and destroy substances in your body. It also stores some substances.
microorganism		An organism too small to be seen with the naked eye.
oesophagus	<i>us-off-ag-us</i>	The muscular tube that leads from the mouth to the stomach. Also called the 'gullet'.
rectum		An organ that stores faeces before they are egested.
saliva	<i>sall-eye-va</i>	A digestive juice. It contains an enzyme that breaks down starch into sugar.
salivary gland	<i>sall-eye-vor-ee</i>	Found in the mouth. It makes saliva.
small intestine	<i>in-test-in</i>	An organ in which most digestion happens. The soluble substances produced by digestion are absorbed into the body here.
soluble	<i>sol-you-bul</i>	Describes a substance that can dissolve in a certain liquid.
stomach	<i>stum-uck</i>	An organ containing strong acid that mixes food up and digests proteins.

### 8Ae – Surface area

Word	Pronunciation	Meaning
surface area		The total area of all the surfaces of a three-dimensional object.

### 8Ae – Absorption

Word	Pronunciation	Meaning
absorb		'To soak up' or 'to take in'.
diffusion	<i>diff-you-zshun</i>	When particles spread and mix with each other without anything moving them.
microvillus		A fold on the surface of a villus cell. These folds increase the surface area so that digested food is absorbed more quickly. Plural is microvilli.
model		A way of showing or representing something that helps you to think about it or to find out about it.
plasma	<i>plaz-ma</i>	The liquid part of the blood.
villus		A small finger-like part of the small intestine. These increase the surface area so that digested food is absorbed more quickly. Plural is villi.