

Vocabulary

Theme 4 – Nutrition

calorie (n)

- a unit of energy, often used to express the nutritional value of foods

carbohydrate (n)

- food consisting of sugar, starch, cellulose, or similar substances that can be broken down to release energy in the human body

cholesterol (n)

- a fatty substance made in the liver and found in the bloodstream

colon (n)

- the longest part of the large intestine that is connected to the small intestine at one end and the anus at the other; part of the digestive system

digestive system (n)

- a network of organs that help you digest and absorb nutrition from your food

esophagus (n)

- the tube that carries food to the stomach; part of the digestive system

fiber (n)

- a type of carbohydrate that the body can't digest

fructose (n)

- a simple sugar found naturally in plants like honey, beets, and vegetables

gallbladder (n)

- a small, hollow organ where bile is stored before it is released into the small intestine; part of the digestive system

liver (n)

- an organ that produces bile, stores sugar, and produces blood-clotting proteins; part of the digestive and lymphatic systems

nutrient (n)

- a substance that provides nourishment essential for growth and maintenance of life

pancreas (n)

- a gland that produces digestive juices and the hormone insulin; part of the digestive system

pharynx (n)

- an organ behind the mouth that receives swallowed food and pushes it into the esophagus; part of the digestive system

rectum (n)

- the last several inches of the large intestine that delivers waste to the anus for elimination; part of the digestive system

saturated fat (n)

- a type of dietary fat that is unhealthy and in excess can lead to heart disease

serving size (n)

- the amount of food customarily consumed in one sitting for that food

stomach (n)

- an organ that sends food from the esophagus to the small intestine; part of the digestive system