

### Year 11 Food

1	<b>Nutrition</b>	The process of providing or obtaining the food necessary for health and growth.	11	<b>HBP</b>	High Blood Pressure- a higher than normal force of blood pushing against the arteries.
2	<b>Macronutrients</b>	A type of food (e.g. fat, protein, carbohydrate) required in large amounts in the diet.	12	<b>Constipation</b>	A condition where emptying the bowels is difficult.
3	<b>Micronutrients</b>	A chemical element or substance required in trace amounts for the normal growth and development of living organisms e.g. vitamins and minerals.	13	<b>Growth spurt</b>	A rapid increase in height.
4	<b>Protein</b>	They are a chemical element or substance required in trace amounts for the normal growth and development of living organisms e.g meat, poultry, eggs.	14	<b>Menstruation</b>	When a person has a monthly period.
5	<b>Fat</b>	Fats are an important part of a healthy, balanced diet. They provide essential fatty acids and carry the fat-soluble vitamins A, D, E and K. High-fat foods contain a lot of calories.	15	<b>Absorption</b>	When digested nutrients are absorbed into the bloodstream.
6	<b>Carbohydrate</b>	Food consisting of or containing a lot of sugars, starch, cellulose, or similar substances that can be broken down to release energy in the human body.	16	<b>Obese</b>	When a person is very overweight.
7	<b>Vitamins</b>	Any of a group of organic compounds which are essential for normal growth and nutrition and are required in small quantities in the diet because they cannot be synthesised by the body.	17	<b>Mobility problems</b>	When someone has problems moving around.
8	<b>Minerals</b>	Minerals are important for your body to stay healthy. Your body uses minerals for many different jobs, including keeping your bones, muscles, heart, and brain working properly. Minerals are also important for making enzymes and hormones.	18	<b>Calorie</b>	A unit used to measure the energy in food.
9	<b>Dietary fibre</b>	A type of carbohydrate found in the cell walls of vegetables, fruits, pulses and cereal grains	19	<b>Lifestage</b>	Life stages are the phases from birth to death through which we develop and grow. e.g. toddlers, elderly adults.
10	<b>Amino Acids</b>	The basic component of all proteins.	20	<b>BMR</b>	Basal Metabolic Rate- how many calories you need to stay alive for 24 hours when warm and resting.
21	<b>HBV</b>	High Biological Value- a protein that contains all of the essential amino acids.	28	<b>PAL</b>	Physical Activity Level- the amount of physical activity you do each day, for example, sitting, standing, running and exercise.

<b>22</b>	<b>LBV</b>	Low Biological Value- a protein that lacks one or more of the essential amino acids.	<b>29</b>	<b>Ethical</b>	Good or morally correct (for example behaviour)
<b>23</b>	<b>Fat soluble vitamins</b>	Vitamins that dissolve in fat- these are vitamins A,D,E,K	<b>30</b>	<b>Heart attack</b>	When the blood supply to the heart is cut off.
<b>24</b>	<b>Chlorophyll</b>	A green pigment in plants that they need to absorb energy from light for photosynthesis.	<b>31</b>	<b>Angina</b>	When the blood supply to the heart is restricted.
<b>25</b>	<b>Immune system</b>	The process of the body that protects against disease.	<b>32</b>	<b>Free sugars</b>	Sugars that are added to food (they are not part of the cell wall of a plant)
<b>26</b>	<b>Fortified cereals</b>	Cereals with added vitamins and minerals.	<b>33</b>	<b>Heart palpitation</b>	A noticeably rapid, strong or irregular heartbeat.
<b>27</b>	<b>Haemoglobin</b>	Part of the red blood cell that carries oxygen around the body.	<b>34</b>	<b>Anemia</b>	An iron deficiency which occurs when there are insufficient red blood cells. Red blood cells transport oxygen around the body, when there are not enough of them the body becomes short of oxygen.