

8Aa – On a diet

Word	Pronunciation	Meaning
carbohydrate	<i>car-bO-high-drate</i>	Nutrient that is used as the main source of energy.
constipation	<i>con-stip-ay-shun</i>	When the intestines get blocked up.
diet		The food that you eat.
fat		Nutrient that is stored to be used for energy in the future. It also helps to keep heat in our bodies.
fibre	<i>feye-ber</i>	Substance found in food that is not used up by the body. It helps to keep our intestines clean.
mineral		Properly called a 'mineral salt'. It is a nutrient needed in small quantities for health (e.g. calcium).
nutrient	<i>new-tree-ents</i>	Substance needed in the diet to provide raw materials.
nutrition information	<i>new-trish-un</i>	Information found on a food packet or label to tell you what is in the food.
protein		Nutrient used for growth and repair.
raw materials		Substances used to make other substances.
starch		Type of insoluble carbohydrate found in plants.
sugar		Type of soluble carbohydrate. Glucose is an example of a sugar.
vitamin		Nutrient needed in small quantities for health (e.g. vitamin C).

8Ab – Keeping it balanced/Poor diets

Word	Pronunciation	Meaning
balanced diet		Eating a wide variety of foods to give us all the things that we need.
chemical energy		Energy stored in chemicals (like food and fuel).
heart disease		Disease caused by narrowing of the arteries carrying the blood to the muscles of the heart, which means that the heart muscles do not receive enough oxygen.
kilojoule (kJ)	<i>kill-O-jool</i>	Unit of energy used on food packets. There are 1000 J in 1 kJ.
obese		Being very overweight.

8Ab – Focus on: Diabetes and diet

Word	Pronunciation	Meaning
diabetes	<i>dye-ab-eet-eez</i>	Disease in which the levels of glucose in the blood cannot be controlled.
digestion	<i>dye-jes-jun</i>	Process that breaks food into soluble substances in our bodies.
insulin	<i>in-syou-lin</i>	A chemical made in the pancreas that causes cells to take glucose out of the blood.
pancreas	<i>pank-ree-as</i>	An organ that produces insulin and produces enzymes (which help to break down food).

8Ac – You've got guts

Word	Pronunciation	Meaning
absorbed		When small, soluble molecules go through the wall of the small intestine into the blood.
anus		The opening at the end of the gut.
appendix		Small tube branching off the large intestine. It has no function in humans.
contract		To get smaller.
digestion	<i>dye-jes-jun</i>	Process that breaks food into soluble substances in our bodies.
digestive system		A group of organs that carry out digestion.
egestion	<i>ee-jes-jun</i>	When faeces are pushed out of the anus.
enzyme		A chemical that can break up large molecules.
faeces	<i>fee-sees</i>	Waste food material produced by the intestines.
gullet		Tube that goes from the mouth to the stomach. Sometimes called the 'food pipe'.
gut		All the organs of the digestive system apart from the mouth.
ingestion	<i>in-jes-jun</i>	Putting food into your mouth.
insoluble		Something that does not dissolve is said to be insoluble.
large intestine		Organ that takes water out of waste food.
liver		Organ that makes and destroys many substances in the body.
molecule		Two or more atoms joined together.
rectum		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		Organ where most digestion happens. The soluble substances produced by digestion are absorbed into the body here. It is about 6.5 m long in adults.
soluble	<i>sol-you-ball</i>	Something that is soluble can dissolve in a liquid.
stomach	<i>stum-uck</i>	Organ containing strong acid that mixes food up and digests proteins.

8Ad – Break down

Word	Pronunciation	Meaning
digestive juice		A liquid containing enzymes, which break down food.
model		A scientific way of thinking about how or why things happen. Allows you to more easily think about how a complicated thing works.

8Ae – In the blood/Health claims

Word	Pronunciation	Meaning
artery		Blood vessel that carries blood away from the heart.
blood vessel		Tubes in which blood flows. There are capillaries, veins and arteries.
capillaries	<i>cap-pill-arr-ees</i>	Tiny tubes that carry blood.
circulatory system		System containing the heart and blood vessels.
health claim		Statement telling you about a food's supposedly good effects on your body.
heart		Organ that pumps blood around the body.
respiration	<i>ress-per-ay-shun</i>	Process that releases energy from food. Carbon dioxide is produced as a waste gas.
tissue		A group of cells of the same type all doing the same job.
tissue fluid		A liquid that leaks out of capillaries carrying dissolved food and oxygen to cells.
vein	<i>vane</i>	Blood vessel that carries blood towards the heart.
villi	<i>vill-ee</i>	Small finger-like parts of the small intestine. They increase the surface area so that digested food is absorbed more quickly. Singular = villus.