

Food and diet		
1	Balanced diet	a diet which provides all of the adequate nutrients necessary for good health in suitable quantities
2	Nutrients	substances needed by organisms to stay alive and healthy
3	Carbohydrates	sugars and starches that provide the body with energy
4	Protein	food group used for growth and repair
5	Fat	food group used for insulation, energy and cell membranes
6	Vitamins	chemicals needed in small quantities in a healthy diet so our body can use other nutrients efficiently. Eg vit A, C, D, E
7	Minerals	chemicals needed in small quantities in a healthy diet so our body can use other nutrients efficiently e.g. calcium, iron
8	Fibre	helps the digestive system but is not digested itself
9	Starch	long chains of sugars joined together
10	Sugars	basic units of carbohydrates
11	Benedict's solution	chemical that will turn from blue to brick-red when heated in the presence of glucose
12	Iodine solution	chemical that will turn from orange to blue-black if starch is present
13	Biuret solution	copper sulphate and sodium hydroxide mix, which will turn from blue to purple if protein is present
14	Energy	ability to do work
15	Joules (J)	unit of measurement of energy
16	Mitochondria	organelles found in the cell that carry out respiration
17	Respiration	a reaction in cells that supplies all the energy needed by living things
18	Obesity	medical term for being very overweight
19	Malnutrition	health problem caused when the correct amounts of nutrients are not eaten
20	Deficiency disease	medical disease caused by a lack of certain vitamins or minerals in the diet
21	Scurvy	vitamin C deficiency, causing bleeding gums
22	Rickets	vitamin D deficiency, causing soft bones
The digestive system		
23	Digestion	breaking large food molecules into smaller, more soluble ones
24	Digestive system	tube from the mouth to the anus, where digestion happens
25	Oesophagus	tube that connects the mouth to the stomach
26	Stomach	muscular bag that helps to churn & digest food
27	Muscles	body tissue that can contract. Enable animals to move
28	Peristalsis	contraction of muscles in the digestive system that help to push the food along
29	Stomach acid	provides the right conditions for enzymes in the stomach
30	Small intestine	long tube where foods are digested and nutrients are absorbed into the blood
31	Large intestine	large tube where water is absorbed from undigested food into the blood
32	Rectum	where undigested food is stored as faeces
33	Anus	opening at the end of the digestive system through which faeces leaves the body
34	Villi	small folds in the intestine that increase the surface area
35	Absorption	movement of molecules from the small intestine into the blood
36	Enzyme	biological molecules used to speed up digestion
37	Molecule	particles made up of two or more atoms joined by chemical bonds
38	Faeces	waste product made of undigested food, bacteria and water
Drugs and alcohol		
39	Drugs	substances that have an effect on the body
40	Depressant	drugs that slow down messages in the nervous system
41	Stimulant	drugs that speed up messages in the nervous system
42	Alcohol	a depressant found in wine, beer and spirits
43	Liver	organ used to make and destroy substances in our body
44	Cirrhosis	condition that causes permanent scarring of the liver
45	Cannabis	an illegal recreational drug
46	Cocaine	an illegal stimulant
47	Antibiotics	medicines used to kill disease causing bacteria
48	Caffeine	a legal stimulant found in tea and coffee
49	Medicine	drugs that help people suffering with pain or disease

