



## Chapter 10 – Nutrition for Health

### Vocabulary Words

1. nutrition – the process by which your body takes in and uses food.
2. nutrients – substances in foods that your body needs to grow, repair itself, and to supply you with energy.
3. calorie – unit of heat used to measure the energy your body uses and the energy it receives from food.
4. hunger – the natural physical drive to eat, prompted by the body’s need for food.
5. appetite – the psychological desire for food.
6. carbohydrates – starches and sugars found in foods, which provide your body’s main source of energy.
7. fiber – a tough complex carbohydrates that the body cannot digest.
8. proteins – nutrients that the body uses to build and maintain its cells and tissues.
9. cholesterol – a waxy, fatlike substance in your blood.
10. vitamins – compounds found in food that help regulate many body processes.
11. minerals – elements found in food that are used by the body.
12. osteoporosis – condition in which the bones become fragile and break easily.
13. Dietary Guidelines for Americans – set of recommendations about smart eating and physical activity for all Americans.
14. MyPlate – an interactive guide to healthful eating.
15. nutrient-dense – high ratio of nutrients to calories.
16. food additives – substances added to food to produce a desired effect.
17. foodborne illness – food poisoning.
18. pasteurization – treating a substance with heat to kill or slow the growth of pathogens.
19. cross-contamination – the spreading of pathogens from one food to another.

20. food allergy – a condition in which the body's immune system reacts to substances in some foods.

21. food intolerance – a negative reaction to food that doesn't involve the immune system.