

# Glossary

Word	Definition
additives	Things added to food to change its color or taste, or to make it last longer
balanced diet	Eating the right amounts of servings from all the food groups every day
caffeine	A chemical found in tea, some sodas, and coffee that wakes you up and can make you jumpy
calcium	A mineral that makes your bones and teeth strong
calories	Measurements of the amount of energy food gives you
carbohydrates	Nutrients in foods that give you energy
circulatory system	The system of parts that work together to move blood around in your body
dehydrated	Not having enough water in your body
dermis	The second layer of skin where sweat is made
digestive system	The system of parts that work together to break down food in your body

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endurance	The ability to do something for a while
energy	Strength to be active without getting tired
epidermis	The top layer of skin that protects your body from the outside world
exercise	Activity that strengthens your body and helps you stay healthy
fiber	Parts of foods that your body doesn't digest; fiber helps move food through your intestines and helps keep them healthy
flexibility	Describes something that bends and stretches easily
glucose	A natural, simple sugar that gives energy
intestines	The last part of the digestive system that absorbs food and water from food and where waste is eliminated; made up of small and large intestines
lungs	The two balloon-like organs in your chest that take in oxygen when you breathe

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metabolism	The processes that work together in your body to change food into energy
minerals	Certain nutrients found in food that your body needs to stay healthy; calcium, iron, sodium, and potassium are some of the 16 minerals people need to stay healthy
muscles	The stretchy parts of your body connected to bones that allow you to move
nutrients	Things your body needs to work properly; vitamins, minerals, proteins, carbohydrates, and some fats are nutrients
nutritious	Describes food that your body can use to keep you strong and healthy
organs	The parts of your body that do a particular job; your heart, brain, and skin are some of your organs
ounces	A unit of weight; 16 dry ounces make one pound, 8 liquid ounces equals one cup
oxygen	A clear gas in the air that your body uses to help make energy and is needed to breathe

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produce	Things that are grown for eating, like fruits and vegetables
refined grains	Grains that have had part of their kernels removed; refined grains have fewer nutrients
relax	To calm down and take things easy
routine	Something that is done at the same time, or in the same way
saturated fat	Fats that are usually solid at room temperature; not as healthy as unsaturated fats. Saturated fats mostly come from animals
sleep deprived	Describes someone who has not gotten enough sleep
strength	The feature of being strong
stress	Worry, or being tensed up
trans fat	Fats that are created to be solid at room temperature; the most unhealthy of all the fats
unsaturated fat	Fats that are liquid at room temperature; usually found in foods made from plants