**B1 Healthy Living**

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| **Key word** | **Definition** |
| addiction | A need to keep taking a drug in order to feel normal. |
| alcoholic | A person who is addicted to alcohol. |
| anus | Muscular ring through which feces pass out of the body. |
| balanced diet | Eating food containing the right nutrients in the correct amounts. |
| bile | Substance that breaks fat into small droplets. |
| carbohydrase | Enzyme that breaks down carbohydrates into sugar molecules. |
| carbohydrate | Nutrient that provides energy. |
| catalyst | Substance that speeds up a reaction without being used up. |
| deficiency | A lack of minerals, that causes poor growth |
| depressant | A drug that slows down the body’s reactions by slowing down the nervous system. |
| digestion | Process where large molecules are broken down into small molecules. |
| digestive system | Group of organs that work together to break down food. |
| drug | Chemical substance that affects the way your body works. |
| enzyme | Special protein that can break large molecules into small molecules. |
| ethanol | The drug found in alcoholic drinks. |
| fibre | Provides bulk to food to keep it moving through the digestive system. |
| food test | Chemical test to detect the presence of particular nutrients in a food. |
| gullet | Tube that food travels down into the stomach. |
| hypothesis | An idea that is a way of explaining scientists’ observations. |
| large intestine | Organ where water passes back into the body, leaving a solid waste of undigested food called feces. |
| lipase | Enzyme that breaks down lipids into fatty acids and glycerol. |
| lipids | Nutrients that provide a store of energy and insulate the body. |
| malnourishment | Eating the wrong amount or the wrong types of food. |
| medicinal drug | Drug that has a medical benefit to your health. |
| mineral | Essential nutrient needed in small amounts to keep you healthy. |
| nutrient | Essential substance that your body needs to survive, provided by food. |
| obese | Extremely overweight. |
| passive smoking | Breathing in other people’s smoke. |
| protease | Enzyme that breaks down proteins into amino acids. |
| protein | Nutrient used for growth and repair. |
| recreational drug | Drug that is taken for enjoyment. |
| rectum | Feces are stored here, before being passed out of the body. |
| small intestine | Organ where small digested molecules are absorbed into the bloodstream. |
| starvation | Extreme case of not eating enough food. |
| stimulant | A drug that speeds up the body’s reactions by speeding up the nervous system. |
| stomach | Organ where food is churned with digestive juices and acids. |
| unit of alcohol | 10 ml of pure alcohol. |
| villi | Tiny projections in the small intestine wall that increase the area of absorption. |
| vitamin | Essential nutrients needed in small amounts to keep you healthy. |
| withdrawal symptom | Unpleasant symptom a person with a drug addiction suffers from when they stop taking the drug. |