

## **Vocabulary Chapter 15 The Human Animal: Food and Energy**

### **esophagus**

The muscular tube connecting the mouth cavity with the stomach

*Example: Food is swallowed by the action of the esophagus.*

### **ingestion**

The process of taking food into the body

*Example: I ingested a Big Mac at lunch today. It is now digesting.*

### **bile**

A digestive fluid manufactured in the liver, stored in the gall bladder, and secreted into the small intestine. Bile breaks down fats.

*Example: My bile production must be high after eating those French fries.*

### **villi**

Projections in the small intestine designed to aid in the absorption of digested food into the bloodstream

*Example: The villi in my small intestines looks like tentacles.*

### **glucose**

A simple sugar

*Example: Glucose is readily absorbed into the blood.*

### **mitochondria**

Organelles that are commonly referred to as the “powerhouses” of the cells

*Example: Sperm cells are rich in mitochondria.*

### **respiration**

Term applied to various chemical reactions in which cells exchange energy

*Example: Cellular respiration is essential for survival.*

### **electron**

A negatively charged particle orbiting around the nucleus in an atom.

*Example: Electrons produce a negative charge.*

### **decomposition**

The process of breaking down a substance into simpler components

*Example: The log decomposed after a few years on the forest floor.*

### **biosynthesis**

The process of putting together or building up living or organic materials

*Example: Biosynthesis in the human body helps build and repair damaged tissue.*

### **anaerobic**

Without oxygen. Pertaining to life processes.

*Example: Anaerobic respiration does not require oxygen.*

**cyanide**

A deadly poisonous chemical.

*Example: Cyanide stops life processes in cells.*

**fiber**

Material found in the human diet that is high in vegetable content (often referred to as roughage)

*Example: Cereals, grains, and related foods are high in fiber.*

**processed**

Refers to food that has been refined and reconstituted so it is no longer in its original constitution.

*Examples: white sugar, Captain Crunch cereal, Twinkies*

**cholesterol**

A type of fat that tends to deposit inside the blood vessels

*Example: Some foods like fatty meats are high in cholesterol.*

**saturated fat**

A type of fat that is high in fatty acid content and generally solid at room temperature.

*Examples: lard and butter*

**malnourished**

A condition in which an animal (including humans) has not received proper nutrition to the point where its health is severely affected.

*Example: Famine results in many malnourished individuals.*

**protein**

An organic compound used primarily for energy as well as building and repairing tissues and structures in organisms.

*Example: Proteins are found in a healthy diet.*

**amino acid**

The "building blocks" of proteins

**legume**

A classification of plants which are high in proteins and vitamins

*Example: Peas and beans are members of the legume family and contain important nutrients as well as fiber for the human diet.*

**anorexia nervosa**

An eating disorder in which individuals literally starve themselves

*Example: Anorexia nervosa is a common problem for adolescent girls in the United States.*

**bulimia**

An eating disorder in which a person overeats and then forces the food out by vomiting.

*Example: Bulimia is also known as bingeing and purging.*