

These are most key vocabulary words that you will need to know to succeed in lesson. Watch out for when these words occur as you do your reading, and record their definitions in your course journal.

- **Phytonutrients** - Compounds found in fruits and vegetables that block formation of cancerous tumors and disrupt the process of cancer.
- **Nitrosamines** - Potentially cancer-causing compounds formed when nitrites and nitrates—which are used to prevent the growth of harmful bacteria in processed meats—combine with other chemicals in the stomach.
- **Carcinogens** - Substances that contribute to the formation of cancers.
- **Chronological age** - Calendar age.
- **Benign** - Noncancerous.
- **Malignant** - Cancerous.
- **Cancer** - Group of diseases characterized by uncontrolled growth and spread of abnormal cells into malignant tumors.
- **Cruciferous vegetables** - Plants that produce cross-shaped leaves (cauliflower, broccoli, cabbage, Brussels sprouts, kohlrabi); these seem to have a protective effect against cancer.
- **Carotenoids** - Pigment substances (more than 600) in plants, about 50 of which are precursors to vitamin A; the most potent carotenoid is beta-carotene.