

Vocabulary

Vocabulary

Study the vocabulary words and definitions below.

- anorexia nervosa** an eating disorder in which a person refuses to eat and suffers severe weight loss; also called *starvation sickness*
- balanced diet** the right number of servings from each of the five food groups, eaten daily
- body composition** the percentage of body weight that is fat compared to lean body tissue such as muscle, bone, and other tissues and organs; one of the measurements of your physical fitness
- bulimia** an eating disorder in which a person over-eats and then vomits, or uses diuretics or laxatives to get rid of food before it is digested
- calorie** a unit of heat that measures the energy available in food; about 3500 extra calories equal one pound of fat
- carbohydrate** a nutrient in food that is the main source of energy for your body
- diet** the foods we eat each day or most of the time
- fallacy** a mistaken idea

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- fat** a nutrient in food that provides energy and can be stored in the body; flabby and untoned tissue
- fiber** the part of a carbohydrate food that is not digested and helps the body form soft and bulky stools
- glucose** a sugar the body gets from carbohydrates and uses as energy
- minerals** inorganic substances that do not supply energy but that the body needs to function
- nutrients** substances in food that the body must have to function properly; provide energy and materials for growth and repair of body tissues
- nutritionist** a person who studies the way food affects our health, and who recommends diets for our well-being
- obesity** the condition of having an excessive amount of body fat
- overfat** having more than a recommended percentage of body fat
- protein** a nutrient in food that helps build and repair body tissues and provides energy

Vocabulary

RDA stands for *Recommended Daily Allowance*;
the amounts of specific nutrients that
should be part of our daily diets

underfat having less than a recommended
percentage of body fat

vitamins organic substances that do not supply
energy but that the body needs to grow
and function