

- The chapter fourteen terms are defined for you. Accurately use each term in a sentence.

Nutrient	Chemical substance that is needed to carry out life processes.
Carbohydrates are a type of nutrient.	
Carbohydrate	Nutrient that supplies energy.
Carbohydrates are found in plant products like fruits and vegetables.	
Protein	Nutrient needed to build and repair cells.
Molecule	Smallest part of a substance that has all the properties of that substance.
Amino Acids	Building block of proteins.
Vitamin	Nutrient found in foods that is required by the body and is made by other organisms.
Deficiency Disease	Disease caused by the lack of a certain nutrient.
Mineral	Nutrient needed by the body to develop and function properly.
Malnutrition	Poor nutrition caused by an unbalanced diet.
Digestion	Process of breaking down food so that it can be used by living things.
Saliva	Liquid in the mouth that helps in digestion.
Pharynx	Tube connecting the mouth to the esophagus; throat.
Epiglottis	Flap of tissue that prevents food from entering the windpipe.
Esophagus	Tube that connects the mouth to the stomach.
Peristalsis	Wavelike movement that moves food through the digestive tract.

Chapter 14 – Digestion & Nutrition

Name _____

Mechanical Digestion	Process by which large pieces of food are cut and crushed into smaller pieces.
Enamel	Hard, outer coating of the tooth.
Dentin	Spongy substance below the enamel of the tooth.
Chemical Digestion	Process by which large molecules are broken down into smaller food molecules.
Enzyme	Protein that controls chemical reactions in the body.
Gastric Juices	Juice produced in the stomach that contains mucus, pepsin, and hydrochloric acid.
Pepsin	Enzyme that digests proteins.
Chyme	Thick liquid form in which food leaves the stomach.
Lipase	Enzyme that digests fats and oils.
Bile	Green liquid that breaks down large droplets of fat into smaller droplets of fat.
Emulsification	Process of breaking down large droplets of fat into smaller droplets of fat.
Absorption	Movement of food molecules from the digestive system to the blood.
Villus/Villi	Fingerlike projections on the lining of the small intestine.
Calorie	Unit used to measure energy from foods.