**GR. 7 NUTRITION GLOSSARY – JUMBLE! **

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| **FAT** | Nutrient that provides our main source of energy to muscles & brains. Grains, vegetables & fruit. Carbs include sugars & starches. |
| **VITAMINS** | The **indigestible** part of plants. Helps move food through the digestive tract. |
| **CALORIE** | Lack of proper nutrition, caused by not having enough to eat, not eating enough of the right things. |
| **PROTEIN** | Nutrients needed in very small amounts. Helps in many ways (build bones, teeth & help build muscles) Eg. Iron, Sodium, zinc, potassium |
| **MINERALS** | Accumulating so much body fat that it has a negative effect on health. Hint: BMI |
| **BINGEING** | A slow-burning carbohydrate found mainly in plants that is difficult to digest. |
| **CALCIUM** | Eating large quantities of food over a short period of time. |
| **DIETING** | Essential nutrient for bone production & muscle contraction. **Ca** |
| **STARCH** | A conscious control or restriction of the diet. |
| **OBESITY** | The ability of foods to maintain life & do work in the body; measured in calories. |
| **CARBOHYDRATE** | Describes all chemical reactions involved in maintaining the living state of the cells & the organism. |
| **FIBRE** | A chemical substance that provides energy, serves to maintain or repair body parts. |
| **MALNUTRITION** | Eating more food on a daily basis than the body requires |
| **ENERGY** | A “sweet” carbohydrate. |
| **METABOLISM** | The measure of energy supplied by the food we eat. |
| **BODY FAT** | A nutrient found in food that gives us energy; found naturally in animal products. |
| **OVEREATING** | The portion of the human body that consists of fat. |
| **SUGAR** | A fluid that is essential for life. |
| **NUTRIENT** | Nutrients needed by the body in very small amounts for growth. Eg. A, B, C, D |
| **WATER** | A nutrient used by the body to build & maintain tissue, muscles, hair, enzymes & antibodies. |

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**ANSWERS**

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| **CARBOHYDRATE** | Nutrient that provides our main source of energy to muscles and brains. (Grains, vegetables & fruit) Carbs include sugars & starches. |
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