Vocabulary – Essential Standards 8.L.5.2

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| **Word** | **Definition** |
| Respiration | The process by which cells break down simple food molecules to release the energy they contain. |
| Digestion | The process that breaks down complex molecules of food into smaller molecules. |
| Toxic Substances | A substance that contains poisonous materials for the organism |
| Dietary Habits | Food and drink regularly provided or consumed and how you consume it. |
| Tobacco | Manufactured products of tobacco (as cigars or |
| Alcohol | A clear liquid that has a strong smell, that is used in some medicines and other products, and that is the substance in liquors (such as beer, wine, or whiskey) that can make a person drunk |
| Fetal Alcohol Syndrome | A variable group of birth defects including deficient mental and physical growth that tend to occur in the offspring of women who drink large amounts of alcohol during pregnancy |
| Metabolism | The chemical processes by which a plant or an animal uses food, water, etc., to grow and heal and to make energy |
| Proteins | Large organic molecule made of carbon, hydrogen, oxygen, nitrogen and sometime sulfur. Much of structure of the cells is made up of protein. |
| Lipids | Energy-rich organic compound, such as a fat, oil, or wax that is made of carbon, hydrogen and oxygen. Contains more energy than carbohydrates and cells store energy for later use in lipids. |
| Carbohydrates | An energy-rich organic compound made of the elements carbon, hydrogen and oxygen. Cellulose in cell wall is a carbohydrate. Plants store excess energy in molecules of starch that break down into glucose for cell to use as energy. |
| BMR (Basal Metabolic Rate) | The rate at which heat is given off by an organism at complete rest |
| Calories | A unit of heat used to indicate the amount of energy that foods will produce in the human body |
| Caloric intake | How many calories you take into your body through food consumed. |