**Unit 1 Vocabulary**

**Chapter 12 Nutrition Basics**

Daily Values (DV’s)

Dietary Reference Intakes (DRIs)

Enzymes

Essential nutrients

Nutrient dense

Nutrients

Nutrition

Oxidation

Recommended Dietary Allowances (RDAs)

Respiration

Scurvy

**Chapter 13 Digestion**

*Alimentary canal*

*Bile*

*Cardiac sphincter*

*Digestion*

*Epiglottis*

*Esophagus*

*Mastication*

*Pancreatic juice*

*Peristalsis*

*Pyloric sphincter*

*Saliva*

**Chapter 14 Metabolism**

*Adenosine triphosphate (ATP)*

*Anabolism*

*Basal metabolic rate (BMR)*

*Basal metabolism*

*Catabolism*

*Cytoplasm*

*Glycogen*

*Homeostasis*

*Lactic acid*

*Membranes*

*Metabolism*

*Metabolic Rate*

*Osmosis*

*Semipermeable*

*Voluntary activities*

**Chapter 15 Carbohydrates**

*Amylopectin*

*Amylose*

*Caramelization*

*Carbohydrates*

*Gelatinization*

*Glucose*

*Hormone*

*Hydrolysis*

*Hydroxyl group*

*Inversion*

*Photosynthesis*

*Polymer*

*Retrogradation*

*Saccharide*

*Supersaturated*

*synergetic*

*Viscosity*

**Chapter 16 Lipids**

*Adipose tissue*

*Atherosclerosis*

*Carboxyl group*

*Cholesterol*

*Double bond*

*Fatty acids*

*Hydrogenation*

*Lipids*

*Lipoproteins*

*Phospholipid*

*Plaque*

*Rancid*

*Saturated fat*

*Single bond*

*Smoke point*

*Solidification point*

*Triglycerides*

*Unsaturated fat*

**Chapter 17 Protein**

*Albumen*

*Amine group*

*Amino acids*

*Antibodies*

*Chalaza*

*Coagulation*

*Complete protein*

*Denaturation*

*Essential amino acids*

*Foam*

*High quality protein*

*Incomplete protein*

*Macromolecules*

*Peptide bonds*

*Polypeptide*

**Chapter 18 Vitamins and Minerals**

*Beriberi*

*Beta carotene*

*Deficiency disease*

*Fat-soluble vitamins*

*Major minerals*

*Maga doses*

*Minerals*

*Osteomalacia*

*Osteoporosis*

*Pellagra*

*Phytochemicals*

*Precursor*

*Rickets*

*Trace minerals*

*Vitamins*

*Water-soluble vitamins*

**For level one activities, you must pick 4 words from each category for a total of 28.**