

1. <b>enzyme</b>	chemical substance that acts as a catalyst	18. <b>micronutrients</b>	the nutrients we need in only small amounts; these are the vitamins and minerals
2. <b>essential amino acids</b>	proteins are made up of chemicals called amino acids of which there are 20 that the body requires to function properly; there are eight amino acids (called essential amino acids) that cannot be made by the body and must be obtained from foods	19. <b>monosaccharides</b>	the simplest of all sugars (glucose, galactose, and fructose), which combine to make other sugars and starches; all have the chemical formula C <sub>6</sub> H <sub>12</sub> O <sub>6</sub>
3. <b>free radicals</b>	very reactive substances that can promote chemical reaction on their own; free radicals inside the body can cause oxidative damage	20. <b>monounsaturated</b>	a fatty acid that has one double bond
4. <b>globular proteins</b>	proteins that have a three-dimensional shape; they often appear round, like a globe		
5. <b>glycerol</b>	a three-carbon chain that forms the backbone of tri-glyceride fats		
6. <b>glycogen</b>	a polysaccharide of glucose, found in the liver and muscles; it is the main store of glucose in the body		
7. <b>haem iron</b>	the kind of iron found in the blood and in animal foods; it is easily absorbed in the gut		
8. <b>hormones</b>	protein messengers produced by the body		
9. <b>hydrogenation</b>	the treatment of unsaturated fatty acids that breaks double bonds between adjoining carbon atoms in the carbon chain; this results in a saturated fatty acid		
10. <b>incomplete protein</b>	protein that does not provide essential amino acids in a ratio that meets human requirements		
11. <b>lacto-ovo-vegetarian</b>	a person who eats a diet based on plant foods but which also contains dairy products and egg		
12. <b>lacto-vegetarian</b>	a person who eats a diet based on plant foods but which also contains dairy products		
13. <b>limiting amino acid</b>	the amino acid found in shortest supply in a particular incomplete protein food		
14. <b>lipids</b>	the general name given to a range of substances that include fats, oils, fatty acids, phospholipids, sterols, glycolipids and waxes; most of these are not water soluble		
15. <b>macronutrients</b>	the nutrients we need in large amounts, which are sources of energy; these are the proteins, lipids and carbohydrates		
16. <b>mastication</b>	the mechanical breakdown of food using the teeth (chewing)		
17. <b>metabolise</b>	process of changing energy sources (e.g., food) into energy		