

1. <b>non-essential amino acid</b>	an amino acid that the body can make itself	19. <b>starch</b>	a polysaccharide of glucose that forms the energy stored in plants
2. <b>non-haem iron</b>	the kind of iron found in plant foods; it is not absorbed as easily haem iron	20. <b>tocopherols</b>	the chemical name for vitamin E
3. <b>nutrition</b>	the scientific study of food consumption and the use of nutrients in the body	21. <b>trace elements</b>	minerals required by the body in tiny amounts
4. <b>omega 3 fatty acids</b>	unsaturated fatty acids that have their first double bond between the third and fourth carbon on the chain	22. <b>unsaturated fatty acids</b>	fatty acids that have one or more double bonds
5. <b>omega 6</b>	name for a family polyunsaturated fatty acids	23. <b>vegan</b>	a person who eats a diet based wholly on plant foods
6. <b>osteomalacia</b>	a sign of vitamin D deficiency in adults, in which bones soften, resulting in bone pain and increased risk of fracture	24. <b>vegetarian</b>	a person who does not eat meat, poultry or fish
7. <b>pectin</b>	a polysaccharide found in fruit and some vegetables; it is also used to make jam sets	25. <b>vitamins</b>	chemical compounds required by the body in small amounts to carry out important activities
8. <b>peptones</b>	small chains of amino acids that are formed during digestion in the stomach		
9. <b>peristalsis</b>	the rhythmical wave-like motion of the muscles lining the digestive system that moves food through the gut		
10. <b>polysaccharides</b>	a number of monosaccharides joined together		
11. <b>polyunsaturated</b>	describes a fatty acid that has more than one double bond		
12. <b>precursor</b>	chemicals that are converted to an active form of substance		
13. <b>prostaglandins</b>	hormone-like substances that are involved in many processes in the body, including muscle contraction, blood flow, inflammation, and the immune system		
14. <b>protein</b>	one of the main nutrients needed by the body to repair and build cells, produce enzymes and hormones, and which can be used as a source of energy		
15. <b>rickets</b>	a sign of vitamin D deficiency in children, in which the bones do not harden normally and can become malformed		
16. <b>saturated fatty acids</b>	a fatty acid that has no double bonds		
17. <b>sphincter</b>	a ring-shaped muscle that may be tightened to slow or stop flow through part of the body; for example, the lower oesophageal sphincter prevents upward reflux of stomach contents		
18. <b>spirulina</b>	algae-like bacteria that are high in protein and used to make health-food supplements		