

adipose tissue

the body tissue that contains fat; it consists of connective tissue filled with large numbers of fat cells

anaemia

a diet-related deficiency disorder resulting either from a diet that is low in iron or from iron loss

appetite

the desire for food, even when the body does not feel hunger

aroma

the odour given off by food

basal metabolic rate
(BMR)

the minimum amount of energy that your body needs to maintain normal body processes; your lowest energy expenditure while awake

carbohydrate

one of the main nutrients needed by the body, providing energy and fibre

flavour

the sensory message resulting from the taste and aroma of food in the mouth

generic brands

a basic product sold under the label of a large retailer e.g. Home Brand is Woolworth's line of basic products

gluten

a type of protein found in grains that will stretch and form the structure of a flour product

hunger

a feeling of emptiness, weakness or pain caused by a lack of food

hypothalamus

a small gland at the base of the brain that regulates hunger, thirst, sleep and the release of some hormones

marketplace

the location where goods are presented to consumers for sale

metabolise

the process of changing energy sources (e.g. food) into energy

nutrition

the scientific study of food consumption and the use of nutrients in the body

offal

organ meats from animals that are eaten e.g. beef liver

peers

people of similar age,
with similar interests
and social status

protein

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

resource

something that is
used to achieve a
goal

rickets

a sign of vitamin D deficiency
in children, in which the
bones do not harden normally
and can become malformed

satiety

a feeling of fullness
experienced after
eating

sensory perception

reaction to food based on how the food looks, smells, tastes, feels and sounds when eaten

turgor

the pressure placed on cell walls or membranes by fluids within the cell

vegetarian

a person who does not eat meat, poultry or fish
