

adipose tissue

the body tissue that contains fat; it consists of the connective tissue filled with large numbers of fat cells; if the body gains or loses fat, the number of fat cells stays the same, but the amount of fat in each cell changes

amino acids

the molecules that form the basic building blocks of protein

amino group

the NH₂ part of an amino acid

amylase

the enzyme that triggers digestion of starch

anabolism

the process by which new molecules are built up in the body; an example is when new body tissues are formed during recovery from injury, which involves anabolism as new proteins are built to repair and replace the damaged body tissues

antioxidant

a chemical that stops oxidation, preventing oxidative damage in the body or, in the food, preventing fats and oils from becoming rancid

ascorbic acid

the chemical name given to vitamin C

ATP (adenosine triphosphate)

a molecule that all living organisms have; this molecule is the main source of usable energy for the activities of the cells

bile

a digestive liquid produced in the liver that aids in digestion by acting as a detergent to emulsify lipids

carboxyl group

the acid part of the amino acid molecule, written as COOH

catabolism

the process by which complex molecules in the body are broken down to their components, usually for energy or to make other substances; starvation is an example of catabolism, where muscles are broken down to produce energy; food nutrients are also catabolised after we eat them, to release the substances that your body needs

cellulose

a polysaccharide of glucose that cannot be digested by the human body; it forms part of the structure of the plants

cholesterol

a lipid of the sterol family that is produced only by the human body; it forms part of the structure of plants

chyle

a bodily fluid (looks milky) formed in the small intestine during digestion

chyme

the mixture of partly digested food and digestive juices that is produced in the stomach

complementary protein	incomplete protein sources that can be combined to ensure that all essential amino acids are present in the correct proportions
complete protein	protein that provides the essential amino acids in a ratio that meets human requirements
digestion	process where food is converted to substances that can be absorbed by the body
disaccharides	sugars (sucrose, lactose and maltose) that are composed of two monosaccharides joined together
emulsify	to form a stable mixture of water and fat