

**Why is America So Fat and Why Does it Matter?**

**FIRST QUARTER VOCABULARY**

FIRST 10/16  
VOCAB

1 antioxidant	substance that prevents oxygen from damaging cells
2 BMI	measurement of body fat based on height and weight that applies to both men and women (Body Mass Index)
3 calorie	a unit of heat used to indicate the amount of energy that foods will produce in the human body
4 carbohydrate	macromolecule composed of chains of sugar molecules consisting of carbon, hydrogen, and oxygen
5 cholesterol	a sterol fat found only in animal foods
6 chronic	continuing or occurring again and again for a long time
7 digestion	breakdown of food into smaller components that can be more easily absorbed and assimilated by the body
8 epidemic	affecting or tending to affect a disproportionately large number of individuals within a population, community, or region at the same time
9 essential nutrient	a nutrient that cannot be made by the body in sufficient quantities and must be consumed in the diet
10 excellent source	foods that contain at least 20% of the recommended daily intake of a particular nutrient
11 fiber	indigestible carbohydrate found in plant foods
12 genetic	relating to or caused by heredity
13 glycemic index	length of-time it takes a food to covert to glucose in the blood stream
14 good source	foods that contain 10 to 19% of the recommended daily intake for a particular nutrient
15 herbicide	toxic material used to get rid of unwanted plant life
16 HFCS	high fructose corn syrup - inexpensive sweetener made from corn
17 inorganic nutrient	nutrients that do not contain carbon
18 longevity	living for many years
19 macronutrient	nutrients required by the body in large amounts (grams)

20	metabolism	biochemical processes that occur within a living organism where some substances are broken down to yield energy for vital processes while other substances, necessary for life, are synthesized
21	micronutrient	nutrients required by the body in small amounts (milligrams or micrograms)
22	mineral	naturally occurring substance consisting of one element required for good health
23	morbid obesity	an excess of body fat, or weight of 100 pounds over ideal body weight
24	nutrient	components in foods that an organism utilizes to survive and grow
25	nutrition	the selection of foods and preparation of foods, and their ingestion to be assimilated by the body
26	obesity	being twenty percent or more over normal body weight / BMI over 30
27	obesogen	a chemical that disrupts the endocrine system and affects metabolism
28	organic foods	foods grown without any pesticides, herbicides, or other food altering chemicals
29	organic nutrient	nutrients containing carbon
30	pesticide	substances meant for attracting, seducing, destroying, or mitigating any pest
31	phytonutrient	nutrients that come from plants
32	preservative	substance added to foods to prevent decomposition by microbial growth or by undesirable chemical changes
33	processed	a series of steps and actions taken to produce a food product
34	protein	macromolecule composed of chains of amino acids consisting of carbon, hydrogen, oxygen, and nitrogen
35	satiation	the condition of being full after eating
36	satiety	a feeling or condition of satisfied after eating food (no longer hungry)
37	saturated fat	fat from animals that is solid at room temperature
38	starch	carbohydrate consisting of a large number of glucose units joined by glycosidic bonds
39	superfood	a food with an unusually high concentration of phytonutrients and antioxidants
40	subsidize	to help someone or something pay for the costs of something
41	transfat	a fat made by saturating fat chemically
42	unsaturated fat	fat from plants that is liquid at room temperature
43	vitamin	an organic compound required by an organism to sustain life in small amounts
44	whole grain	grain that contains the germ, endosperm, and bran