

**Food Groups & the Macronutrients
THIRD QUARTER VOCABULARY**

1	AEROBIC RESPIRATION	Energy production that yeilds ATP, water, and carbondioxide.
2	ALBUMIN	The type of protein found in the blood that controls fluid balance.
3	AMINE GROUP	A functional group of a molecule composed of one atom of nitrogen and 3 atoms of hydrogen.
4	AMINO ACID ✓	The building blocks of protein.
5	ANEROBIC RESPIRATION	Energy production yeilding ATP and lactic acid.
6	ANTIBODY	The type of protein that fights disease.
7	ANTIOXIDANT ✓	A chemical substance that absorbs free radicals.
8	BRAN ✓	Outside layer of a grain which provides fiber.
9	CALORIE ✓	A measure of the energy value in food.
10	CARBOHYDRATE ✓	A macronutrient composed of sugar molecules.
11	CARBOXYL GROUP	A functional group of a molecule composed of one atom of carbon, one atom of hydrogen, and two atoms of oxygen.
12	CHOLESTEROL ✓	A type of fat that comes from animals that has no calories.
13	COMPLETE PROTEIN ✓	Protein containing all of the essential amino acids.
14	DENATURE	The breaking of hydrogen bonds in a protein molecule.
15	EMULSIFIER	A chemical substance that allows for water and fat to mix.
16	ENDOSPERM ✓	Part of a grain providing starch and few other nutrients.
17	ENZYME	Protein that catalyses chemical reactions.
18	ESSENTIAL ✓	Required by the body and must be provided in the diet.
19	FAT ✓	Macronutrient providing nine calories pergram.
20	FATTY ACID ✓	A chain of carbon and hydrogen atoms with a carboxyl group at one end and a methyl group at the other.
21	FIBER ✓	A structural carbohydrate coming from plants that does not provide energy.
22	FRUCTOSE	Monosaccaride from fruit.
23	GALACTOSE	Monosaccaride made from milk sugar.

24	GERM	Part of the grain that provides B vitamins.
25	GLUCOSE ✓	Monosaccharide used for fuel.
26	GLYCEMIC INDEX	How quickly food becomes glucose in the blood.
27	GLYCEROL	Chemical compound that is the backbone of triglycerides and phospholipids.
28	GLYCOGEN	Storage form of carbohydrate.
29	GLYCOLYSIS	First step in APT production occurring in the cytoplasm.
30	HEMOGLOBIN	Iron containing protein in the blood responsible for transporting oxygen.
31	HORMONE	Protein made in glands with a regulatory function.
32	HYDROGEN BOND	The type of bond that holds proteins 3 dimensional shape.
33	INCOMPLETE PROTEIN ✓	Protein that does not contain all of the essential amino acids.
34	INORGANIC NUTRIENT ✓	A nutrient that does not contain carbon.
35	INSOLUBLE FIBER	Fiber that does not dissolve in water.
36	ISOMER	Molecules with identical elements with a different structure.
37	KREB'S CYCLE	ATP production occurring in the mitochondria.
38	LACTOSE	Disaccharide composed of one glucose and one galactose. (milk sugar)
39	LEGUME ✓	Bean
40	LIPID ✓	Another word for fat.
41	MACRONUTRIENT ✓	Large molecular nutrients needed in large quantities.
42	MALTOSE	Disaccharide composed of two glucose molecules.
43	METHYL GROUP	Functional group composed of one carbon atom and three hydrogen atoms.
44	MICRONUTRIENT ✓	Small molecular nutrients needed in small quantities.
45	MINERAL ✓	Inorganic nutrient found on the periodic table.
46	MONOUNSATURATED	Fatty acid with one double bond.
47	NITROGEN BALANCE	A method used to determine if someone is consuming enough protein.
48	OLIGOSACCHARIDE	Small chain of simple sugars.

49	OMEGA 3 FATTY ACID ✓	Essential fatty acid.
50	ORGANIC ✓	Grown without any added chemicals.
51	ORGANIC NUTRIENT ✓	Nutrients containing carbon.
52	PEPTIDE BOND	Type of bond holding amino acids together in proteins.
53	PHOSPHATE	Functional group composed of one phosphorus atom and four oxygen atoms.
54	PHOSPHOLIPID	Fat containing glycerol, 2 fatty acids, and a phosphate group.
55	PHYTONUTRIENT ✓	Nutrients in plants.
56	POLYPEPTIDE ✓	Chains of amino acids (protein)
57	POLYSACCARIDE ✓	Long chain of simple sugars.
58	POLYUNSATURATED ✓	Fatty acid containing many double bonds.
59	PROTEIN ✓	Chains of amino acids.
60	REFINED ✓	Processed.
61	SATURATED FAT ✓	Fat coming from animals that is solid at room temperature.
62	SOLUBLE FIBER	Fiber that forms a gel when mixed with water.
63	SPORTS ANEMIA	When new athletes do not have enough prtein to make hemoglobin.
64	STARCH ✓	Complex storage form of carbohydrate.
65	STEROL	Type of fat with a ringed structure.
66	SUCROSE	Disaccharide composed of one glucose and one fructose. (table sugar)
67	TRANSFAT ✓	Made-made fat formed by adding hydrogen atoms chemically.
68	TRIGYCERIDE ✓	Simple fats composed of one glycerol and 3 fatty acids.
69	UNSTAURATED FAT ✓	Fat coming from plants that is liquid at room temperature with double bonds between some carbon atoms.
70	VITAMIN ✓	Organic micronutrient.