

Key word	Definition
addiction	A need to keep taking a drug in order to feel normal.
alcoholic	A person who is addicted to alcohol.
anus	Muscular ring through which feces pass out of the body.
balanced diet	Eating food containing the right nutrients in the correct amounts.
bile	Substance that breaks fat into small droplets.
carbohydrase	Enzyme that breaks down carbohydrates into sugar molecules.
carbohydrate	Nutrient that provides energy.
catalyst	Substance that speeds up a reaction without being used up.
deficiency	A lack of minerals, that causes poor growth
depressant	A drug that slows down the body's reactions by slowing down the nervous system.
digestion	Process where large molecules are broken down into small molecules.
digestive system	Group of organs that work together to break down food.
drug	Chemical substance that affects the way your body works.
enzyme	Special protein that can break large molecules into small molecules.
ethanol	The drug found in alcoholic drinks.
fibre	Provides bulk to food to keep it moving through the digestive system.
food test	Chemical test to detect the presence of particular nutrients in a food.
gullet	Tube that food travels down into the stomach.
hypothesis	An idea that is a way of explaining scientists' observations.
large intestine	Organ where water passes back into the body, leaving a solid waste of undigested food called feces.
lipase	Enzyme that breaks down lipids into fatty acids and glycerol.

lipids	Nutrients that provide a store of energy and insulate the body.
malnourishment	Eating the wrong amount or the wrong types of food.
medicinal drug	Drug that has a medical benefit to your health.
mineral	Essential nutrient needed in small amounts to keep you healthy.
nutrient	Essential substance that your body needs to survive, provided by food.
obese	Extremely overweight.
passive smoking	Breathing in other people's smoke.
protease	Enzyme that breaks down proteins into amino acids.
protein	Nutrient used for growth and repair.
recreational drug	Drug that is taken for enjoyment.
rectum	Feces are stored here, before being passed out of the body.
small intestine	Organ where small digested molecules are absorbed into the bloodstream.
starvation	Extreme case of not eating enough food.
stimulant	A drug that speeds up the body's reactions by speeding up the nervous system.
stomach	Organ where food is churned with digestive juices and acids.
unit of alcohol	10 ml of pure alcohol.
villi	Tiny projections in the small intestine wall that increase the area of absorption.
vitamin	Essential nutrients needed in small amounts to keep you healthy.
withdrawal symptom	Unpleasant symptom a person with a drug addiction suffers from when they stop taking the drug.