Human nutrition

IGCSE Biology · Vocabulary in context

Word	Example
balanced diet /ˈbælənst ˈdaɪət/	A **balanced diet** has the right amounts of each nutrient.
carbohydrates /ˌkɑːbəʊˈhaɪdreɪts/	Bread and rice are rich in **carbohydrates**.
energy /ˈenədʒi/	Food gives your body the **energy** it needs to move.
fats /fæts/	Butter and oil are **fats**.
proteins /ˈprəʊtiːnz/	Meat, eggs and beans are rich in **proteins**, which are made from amino acids.
vitamin /ˈvɪtəmɪn/	Oranges contain **vitamin** C.
calcium /ˈkælsɪəm/	Milk is rich in **calcium**.
mineral ions /ˈmɪnərəl ˈaɪɒnz/	Calcium and iron are **mineral ions** in our food.
iron /ˈaɪən/	Red meat and spinach contain **iron**.
haemoglobin /ˌhiːməˈgləʊbɪn/	**Haemoglobin** in red blood cells carries oxygen.
fibre /ˈfaɪbə/	Vegetables contain **fibre**, which helps food move through the gut.
scurvy /ˈskɜːvi/	Sailors without fresh fruit got **scurvy**.
rickets /ˈrɪkɪts/	Too little vitamin D causes **rickets**: soft, bent bones.
digestive system /daɪˈdʒestɪv ˈsɪstəm/	The stomach is part of the **digestive system**.

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alimentary canal /ˌælaɪˈmentəri kəˈnæl/	Food passes along the **alimentary canal**.
oesophagus /ɪˈsɒfəgəs/	The **oesophagus** carries food to the stomach.
stomach /ˈstʌmək/	The **stomach** mixes food with acid.
small intestine /smɔːl ɪnˈtestɪn/	Most food is absorbed in the **small intestine**.
duodenum /ˈdjuːəʊdnəm/	Bile enters the **duodenum**.
ileum /ɪˈliːəm/	The **ileum** absorbs digested food.
large intestine /lɑːdʒ ɪnˈtestɪn/	The **large intestine** absorbs water.
colon /ˈkəʊlən/	The **colon** is part of the large intestine.
rectum /ˈrektəm/	Faeces are stored in the **rectum**.
anus /ˈeɪnʌs/	Faeces leave the body through the **anus**.
salivary glands /ˈsælɪvəri glændz/	The **salivary glands** make saliva.
pancreas /ˈpæŋkrɪəs/	The **pancreas** makes insulin and digestive enzymes.
liver /ˈlɪvə/	The **liver** makes bile.
gall bladder /gɔːl ˈblædə/	The **gall bladder** stores bile.
ingestion /ɪnˈdʒestʃn/	**Ingestion** means taking food into the mouth.
digestion /daɪˈdʒestʃn/	**Digestion** breaks food into small molecules.

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nutrients /'nju:trɪənts/	Food gives us the **nutrients** we need.
absorption /əb'sɔ:pʃn/	Most **absorption** of food happens in the small intestine.
assimilation /ə,sɪmɪ'leɪʃn/	After digestion, **assimilation** turns food into the animal's own body tissue.
egestion /ɪ'dʒestʃn/	**Egestion** removes undigested food from the body.
faeces /'fi:si:z/	**Faeces** contain undigested food.
surface area /'sɜ:fɪs 'eərɪə/	Smaller solid pieces provide more **surface area** for reaction.
enzymes /'enzaɪmz/	**Enzymes** speed up reactions in the body.
teeth /ti:θ/	Brush your **teeth** twice a day.
incisors /ɪn'saɪzəz/	We bite with our **incisors**.
canines /'keɪnaɪmz/	Dogs use their long **canines** to tear meat.
premolars /pri:'məʊləz/	The **premolars** sit behind the canines.
molars /'məʊləz/	We chew with our **molars**.
enamel /ɪ'næml/	**Enamel** is the hardest part of a tooth.
dentine /'denti:n/	**Dentine** lies under the enamel.
pulp /pʌlp/	The **pulp** contains nerves and blood vessels.

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nerves /nɜ:vz/	**Nerves** carry messages to the brain.
blood vessels /blʌd 'veslz/	**Blood vessels** carry blood around the body.
cement /sɪ'ment/	**Cement** holds the tooth root in the jaw.
gums /gʌmz/	Healthy **gums** are pink.
muscle /'mʌsl/	Your heart is made of **muscle**.
bile /baɪl/	**Bile** breaks fat into small drops.
emulsifies /ɪ'mʌlsɪfaɪz/	Bile **emulsifies** fat into small drops.
lipase /'lɪpeɪs/	**Lipase** digests fat.
insoluble /ɪn'sɒlju:bl/	Starch is **insoluble** in cold water.
soluble /'sɒlju:bl/	Glucose is **soluble** in water.
amylase /'æmɪleɪz/	**Amylase** digests starch.
starch /stɑ:tʃ/	Potatoes contain a lot of **starch**.
reducing sugars /rɪ'dju:sɪŋ 'ʃʊgəz/	Glucose is one of the **reducing sugars**.
protease /'prəʊteɪs/	**Protease** digests protein.
amino acids /ə'mi:nəʊ 'æsɪdz/	Proteins are made of **amino acids**.
fatty acids /'fæti 'æsɪdz/	A fat is made of glycerol and **fatty acids**.

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glycerol /ˈglɪsərɒl/	A fat molecule contains one **glycerol**.
hydrochloric acid /ˌhaɪdrəˈklɔːrɪk ˈæsɪd/	The stomach makes **hydrochloric acid**.
gastric juice /ˈgæstrɪk dʒuːs/	**Gastric juice** contains acid and enzymes.
microorganisms /ˌmaɪkrəʊˈɔːgənɪzəmz/	Stomach acid kills **microorganisms** in food.
acidic /əˈsɪdɪk/	The stomach is **acidic**.
maltose /ˈmɒltəʊs/	Amylase breaks starch into **maltose**.
maltase /ˈmɒlteɪs/	**Maltase** breaks maltose into glucose.
epithelium /ˌepɪˈθiːlɪəm/	The gut is lined with **epithelium**.
glucose /ˈgluːkəʊs/	Cells use **glucose** for energy.
pepsin /ˈpepsɪn/	**Pepsin** digests protein in the stomach.
trypsin /ˈtrɪpsɪn/	**Trypsin** digests protein in the small intestine.
alkaline /ˈælkəlaɪn/	The small intestine is slightly **alkaline**.
neutralises /ˈnjuːtrəlaɪzɪz/	Bile **neutralises** the stomach acid.
villi /ˈvɪlaɪ/	**Villi** give the small intestine a large surface area.
microvilli /ˈmaɪkrəʊvɪlaɪ/	**Microvilli** make the surface area even larger.

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capillaries /ˈkæpɪlərɪz/	**Capillaries** carry blood close to every cell.
lacteal /ˈlæktɪəl/	The **lacteal** in each villus absorbs fat.