

Unit 6 - Nutrition and Hydration

Terminology

1. **Anemia** - a deficiency of red blood cells, hemoglobin or both.
2. **Calorie** - the amount of energy produced from the burning of food.
3. **Carbohydrates** - nutrient which provides the greatest amount of energy in the average diet.
4. **Dehydration** - a decrease of the amount of water in body tissue.
5. **Digestion** - the process of breaking down foods into simple substances that can be used by the body cells for nourishment.
6. **Fats** - nutrient which provides most concentrated form of energy.
7. **Fiber** - a basic substance of all plant foods, which supplies the body with roughage.
8. **Gavage** - feeding through a tube.
9. **Malnutrition** - poor nutrition that lacks adequate food and nutrients.
10. **Metabolism** - the burning of food for heat and energy by the cells.
11. **Nutrient** - a substance that is ingested, digested, absorbed and used by the body.
12. **Nutrition** - the entire process by which the body takes in food for growth and repair and uses it to maintain health.
13. **Osteoporosis** - the most common metabolic disease of bone in the United States, caused by a decrease in the mass of bony tissue.
14. **Peristalsis** - involuntary muscle contractions in the digestive system that move food through the alimentary canal.
15. **Protein** - nutrient essential for growth and repair of tissue.
16. **Recommended Dietary Allowances (R.D.A.)** - considered to be the amounts of essential nutrients adequate to meet the needs of practically all healthy people.
17. **Therapeutic Diet** - modification of the normal diet used in the treatment of specific health conditions.