esophagus
The muscular tube connecting the mouth cavity with the stomach
Example: Food is swallowed by the action of the esophagus.

ingestion
The process of taking food into the body
Example: I ingested a Big Mac at lunch today. It is now digesting.

bile
A digestive fluid manufactured in the liver, stored in the gall bladder, and secreted into the small intestine. Bile breaks down fats.
Example: My bile production must be high after eating those French fries.

villi
Projections in the small intestine designed to aid in the absorption of digested food into the bloodstream
Example: The villi in my small intestines looks like tentacles.

glucose
A simple sugar
Example: Glucose is readily absorbed into the blood.

mitochondria
Organelles that are commonly referred to as the “powerhouses” of the cells
Example: Sperm cells are rich in mitochondria.

respiration
Term applied to various chemical reactions in which cells exchange energy
Example: Cellular respiration is essential for survival.

electron
A negatively charged particle orbiting around the nucleus in an atom.
Example: Electrons produce a negative charge.

decomposition
The process of breaking down a substance into simpler components
Example: The log decomposed after a few years on the forest floor.

biosynthesis
The process of putting together or building up living or organic materials
Example: Biosynthesis in the human body helps build and repair damaged tissue.

anaerobic
Without oxygen. Pertaining to life processes.
Example: Anaerobic respiration does not require oxygen.
cyanide
A deadly poisonous chemical.
Example: Cyanide stops life processes in cells.

fiber
Material found in the human diet that is high in vegetable content (often referred to as roughage)
Example: Cereals, grains, and related foods are high in fiber.

processed
Refers to food that has been refined and reconstituted so it is no longer in its original constitution.
Examples: white sugar, Captain Crunch cereal, Twinkies

cholesterol
A type of fat that tends to deposit inside the blood vessels
Example: Some foods like fatty meats are high in cholesterol.

saturated fat
A type of fat that is high in fatty acid content and generally solid at room temperature.
Examples: lard and butter

malnourished
A condition in which an animal (including humans) has not received proper nutrition to the point where its health is severely affected.
Example: Famine results in many malnourished individuals.

protein
An organic compound used primarily for energy as well as building and repairing tissues and structures in organisms.
Example: Proteins are found in a healthy diet.

amino acid
The “building blocks” of proteins

legume
A classification of plants which are high in proteins and vitamins
Example: Peas and beans are members of the legume family and contain important nutrients as well as fiber for the human diet.

anorexia nervosa
An eating disorder in which individuals literally starve themselves
Example: Anorexia nervosa is a common problem for adolescent girls in the United States.

bulimia
An eating disorder in which a person overeats and then forces the food out by vomiting.
Example: Bulimia is also known as binging and purging.