Chapter 3: How Nutrients Become You in Nutrition & Wellness for Life

VOCABULARY

Essential terms:

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| **Chapter 3: Essential Terms** | **Definition** |
| **Digestion** | **The process by which the body breaks down food, and the nutrients in food, into simpler parts for use in growth, repair, and maintenance.** |
| **Gastrointestinal (GI)** | **A muscular tube leading from the mouth to the anus through which food passes as it is digested.** |
| **Absorption** | **The passage of nutrients from the digestive tract into the circulatory or lymphatic system** |
| **Metabolism** | **All the chemical changes that occur as cells produce energy and materials needed to sustain life.** |
| **Food allergy** | **A reaction of the immune system to certain proteins found in foods.** |
| **Food intolerance** | **An unpleasant reaction to a food that does not cause an immune system response.** |
| **Diarrhea** | **Frequent expulsion of watery feces.** |
| **Constipation** | **A condition that occurs when the feces become massed and hard in the large intestine, making expulsion infrequent.** |
| **Indigestion** | **A difficulty in digesting food.** |
| **Heartburn** | **A burning pain in the middle of the chest caused by stomach acid flowing back into the esophagus.** |
| **Ulcer** | **An open sore in the lining of the stomach or small intestine caused by a bacterium.** |
| **Gallstones** | **Small crystals that form from bile in the gallbladder.** |
| **Diverticulosis** | **A disorder in which many abnormal pouches form in the intestinal wall.** |
| **Ingestion** | **A difficulty in digesting food.** |
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