

# Key Vocabulary List

\*Note: These words and definitions can be cut into pieces and used in a word match format for better understanding.

Carbohydrate	Any of a large group of organic compounds occurring in foods and living tissues and including sugars, starch, and can be broken down to release energy in the animal body.
Cholesterol	Cholesterol and its derivatives are important constituents of cell membranes but high concentrations in the blood (mainly derived from animal fats in the diet) are thought to promote atherosclerosis.
Fats	Any of a group of natural esters of glycerol and various fatty acids, which are solid at room temperature and are the main constituents of animal and vegetable fat.
Minerals	An inorganic substance needed by the human body for good health.
Nutrient	A substance that provides nourishment essential for growth and the maintenance of life.
Omega-3 Fatty Acids	An unsaturated fatty acid of a kind occurring chiefly in fish oils, with three double bonds at particular positions in the hydrocarbon chain.

<p style="text-align: center;">Protein</p>	<p>Any of a class of nitrogenous organic compounds that consist of large molecules and are an essential part of all living organisms, esp. as structural components of body tissues such as muscle, and hair.</p>
<p style="text-align: center;">Saturated Fats</p>	<p>Denoting fats containing a high proportion of fatty acid molecules without double bonds, considered to be less healthy in the diet than unsaturated fats.</p>
<p style="text-align: center;">Trans Fats</p>	<p>An unsaturated fatty acid with a trans arrangement of the carbon atoms adjacent to its double bonds. Such acids occur esp. in margarines and cooking oils as a result of the hydrogenation process.</p>
<p style="text-align: center;">Unsaturated</p>	<p>(Of organic molecules) having carbon-carbon double or triple bonds and therefore not containing the greatest possible number of hydrogen atoms for the number of carbons.</p>
<p style="text-align: center;">Vitamin</p>	<p>Any of a group of organic compounds that are essential for normal growth and nutrition and are required in small quantities in the diet because they cannot be synthesized by the body.</p>

Source: Apple Computer Oxford American Dictionary