Name: _____ Date:_____

Match word to definition

1. **Absorption**
2. **Amino acid**
3. **Calorie**
4. **Carbohydrate**
5. **chemical digestion**
6. **digestive system**
7. **Fiber**
8. **Lipid**
9. **mechanical digestion**
10. **Mineral**
11. **Nutrient**
12. **Peristalsis**
13. **Protein**
14. **vitamin**

A. The approximate amount of energy needed to raise the temperature of one gram of water by one degree Celsius.
B. Chemical element, such as calcium or potassium, that is needed for body processes.
C. Organic compound needed in small amounts for the body to function properly.
D. Chemical in food that your body needs.
E. Process that allows nutrients to be taken up by the blood.
F. Process by which large food molecules are broken down into small nutrient molecules through a chemical process
G. Carbohydrate that is partially indigestible.
H. Body system that breaks down food, absorbs nutrients, and rids the body of solid food waste.
I. Small molecule used to build proteins.
J. Organic compound that is insoluble in water and includes fats, oils, and waxes
K. Organic compound, such as sugar and starch, that provides an energy source for animals.
L. Muscle contractions that help food move through the digestive system
M. Process by which large chunks of food are broken down into small pieces through a physical process, such as chewing
N. Organic compound composed of amino acids and includes enzymes, antibodies, and muscle fibers

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