

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

