

Quizlet

Energy balance and weight control

Terms in this set (28)

requirement	something that is necessary
maintenance	the work that is done to keep something in good condition

digestion	the process by which the body breaks down food into small nutrient molecules
lactation	the process in which a woman produces milk
adipose tissue	tissue that stores fat.
thermal energy	heat energy
molecules	chemicals that result from atoms linking together
release	to allow a substance to flow out from somewhere
emit	to give off
convert	to change from one form to another

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absorb

to take in

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intake

the amount of a particular substance that is eaten or drunk

composition

the makeup of something

carbohydrates

the starches and sugars present in foods

tissue

group of similar cells that perform a particular function

regulate

to control

antibody

a protein produced in the blood that fights diseases by attacking and killing harmful bacteria, viruses, etc

Energy balance and weight control

decrease	to become or make less
ambient temperature	the temperature of the surrounding air; room temperature
starvation	suffering from extreme hunger
malnutrition	a state of poor nutrition
crash diet	a way of losing body weight quickly by eating very little
formula	a mathematical relationship or rule expressed in symbols.
vigorous	strong, healthy, and full of energy
sedentary	doing or requiring a lot of sitting
intensity	the quality of having a very strong effect