

1. something that is necessary
A. requirement

2. the work that is done to keep something in good condition
A. maintenance

3. the process by which the body breaks down food into small nutrient molecules
A. digestion

4. the process in which a woman produces milk
A. lactation

5. tissue that stores fat.
A. adipose tissue

6. heat energy
A. thermal energy

7. chemicals that result from atoms linking together
A. molecules

8. to allow a substance to flow out from somewhere
A. release

9. to give off
A. emit

10. to change from one form to another
A. convert

11. a division of something into smaller parts
A. breakdown

12. to take in
A. absorb

13. the amount of a particular substance that is eaten or drunk

A. intake

14. the makeup of something

A. composition

15. the starches and sugars present in foods

A. carbohydrates

16. group of similar cells that perform a particular function

A. tissue

17. to control

A. regulate

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

A. antibody

19. to work out by using arithmetic

A. calculate

20. to become or make less

A. decrease

21. the temperature of the surrounding air; room temperature

A. ambient temperature

22. suffering from extreme hunger

A. starvation

23. a state of poor nutrition

A. malnutrition

24. a way of losing body weight quickly by eating very little

A. crash diet

25. a mathematical relationship or rule expressed in symbols.

A. formula

26. strong, healthy, and full of energy

A. vigorous

27. doing or requiring a lot of sitting

A. sedentary

28. the quality of having a very strong effect

A. intensity