



## A KEY VOCABULARY

	KEY WORDS	DEFINITION
1	Adaptation	The action or process to alter or modify.
2	Carbohydrates	Organic compounds occurring in food and living tissues including sugars, starch and cellulose.
3	Coagulation	Action or process of a liquid changing to a solid or semi-solid.
4	Deficiencies	A lack of or shortage of.....
5	Kneading	Working a dough, usually by hand, to develop the gluten in the flour, which gives baked goods its structure and texture.
6	Minerals	A solid, natural occurring inorganic substance.
7	Protein	A nutrient found in food that is made up of many amino acids joined together. Essential.
8	Osteoporosis	A medical condition in which the bones become brittle and fragile from loss of tissue.
9	Vitamins	A group of organic compounds essential to normal growth and nutrition. Required in the diet in small quantities.
10	Yeast	A microscopic fungus that reproduce by budding and converting sugar into alcohol and carbon dioxide.

## B KEY VITAMINS AND MINERALS

	Type	SOURCE	DEFICIENCY
1	Calcium	Boned fish, dairy produce, dark green vegetables.	Risk of osteoporosis. Mineralizes bones and teeth. Heart muscles and nerves can't function without it.
2	Iodine	Eggs, seaweed, fish and dairy.	Needed for normal thyroid function Could develop mental abnormalities.
3	Iron 2 types	Haem: found in red meat and shell fish. Non-Haem: found in beans, seeds, dark leafy greens.	Anaemia, fatigue, weakened immune system, impaired brain function.
4	Magnesium	Whole Grains, nuts, dark chocolate, dark green leafy vegetables.	Type 2 diabetes, heart disease, osteoporosis, metabolic syndrome and muscle cramps. Essential for bone and teeth structure, also involved in 300 enzyme reactions.
5	Vitamin A 2 types	Preformed- meat , fish, poultry and dairy, fish liver oil. Preformed- sweet potatoes, carrots, dark green leafy vegetables.	Can lead to temporary or permanent eye damage, suppresses the immune function and can increase the mortality amongst women and children.
6	Vitamin B12 Water soluble vitamin	The body is not able to produce it so food important. Shellfish, organ meat, meat, eggs, milk products.	Essential for blood formation, brain and nerve function.
7	Vitamin D Fat soluble vitamin	Cod liver oil, fatty fish, egg yolks. Sunlight, as hard to get from food alone.	Muscle weakness, bone loss/fractures, rickets.