

## Glossary:

- **Nutrients** are chemical substances obtained from food and used in the body to provide energy, structural materials, and act as regulating agents to support growth, maintenance and repair the body's tissues.
- **Energy** is measured in kilocalories or in kilojoules. A calorie is a small unit of heat. In nutrition a calorie is the same as one kilocalorie (1 kcal). One kilocalorie of 1000 calories is the amount of energy required to raise the temperature of 1kg of water by 1°C.
- **Metabolism** is the total body processes that store or use energy. Every body has a different metabolic rate, which refers to the amount of energy used at any given moment. An individual's basal metabolic rate (BMR) is a measure of the number of calories or joules used to keep the person's heart, lungs and muscles working while the body is at rest.
- **Digestion** is the process of breaking down food into simpler forms that can be taken in and used by the body.