

## **GLOSSARY:**

**Carbohydrate** – A compound containing carbon, hydrogen and oxygen atoms. Most are known as sugars and starches.

**Hydration** – The process of causing something to absorb water. The human body requires adequate hydration to function properly.

**Lipids (fats)** – A compound containing carbon, hydrogen, oxygen and sometimes other atoms. Lipids dissolve in ether or benzene and are known as fat and oil

**Mineral** – Elements used in the body to promote chemical reactions and help form body structures.

**Protein** – Compounds made of amino acids, containing carbon, hydrogen, oxygen, nitrogen and sometimes sulphur atoms in a specific configuration.

**Recommended dietary allowance (RDA)** – Recommended intake for nutrients that meet the needs of almost all people of similar age and gender. These are established by the Food and Nutrition Board of the National Academy of Sciences.

**Roughage** – Fibrous indigestible material in vegetable foodstuffs which aids the passage of food and waste products through the gut. Fresh fruit and wholemeal bread are important sources of roughage in the diet

**Vitamin** – Compounds needed in very small amounts in the diet to help regulate and support chemical reaction in the body.