

Glossary:

Metabolism: The organic processes (in a cell or organism) those are necessary for life

Carbohydrates: An essential structural component of living cells and source of energy for animals; includes simple sugars with small molecules as well as macromolecular substances; classified according to the number of monosaccharide groups they contain

Energy: An essential structural component of living cells and source of energy for animals; includes simple sugars with small molecules as well as macromolecular substances; classified according to the number of monosaccharide groups they contain

Osteoporosis: Abnormal loss of bony tissue resulting in fragile porous bones attributable to a lack of calcium; most common in postmenopausal women

Glycolysis: A metabolic process that breaks down carbohydrates and sugars through a series of reactions to either pyruvic acid or lactic acid and releases energy for the body in the form of ATP

Lactic acid: A clear odourless hygroscopic syrupy carboxylic acid found in sour milk and in many fruits

Nutrients: Any substance that can be metabolized by an animal to give energy and build tissue.