



Glossary:

Carbohydrate: Carbohydrates may be defined as polyhydroxy aldehydes or ketones which contain carbon, hydrogen and oxygen. Oxygen and hydrogen are present in the same proportion as in water.

Glucose: Glucose is an aldose sugar, containing six carbons. It is white, crystalline and easily soluble in water with sweet taste.

Dextrin: These are intermediate products in the hydrolysis of starch and consist of shorter chain of glucose units.

Proteins: The word protein is derived from the Greek word “proteios” which means principal components of all living cells. The proteins are composed of the basic and structural units known as amino acids.

Conjugated Proteins: Simple proteins combined with a non-proteinaceous substance constitute conjugated proteins.

Simple lipids: These are esters of glycerol and fatty acid; glycerol is a 3-carbon alcohol with three hydroxyl groups each of which can combine with fatty acid.

Compound lipids: These are esters of glycerol and fatty acids, with substitution of other components such as carbohydrate, phosphate and/or nitrogen groups.

Vitamin E: This vitamin is also known as tocopherol, the most common and active type being alpha-tocopherol.

Biotin: It is a relatively simple compound, a cyclic urea derivative which contains a sulphur group.



Vitamin C: Vitamin C is a water soluble vitamin. It is an essential nutrient for man as he lacks the capacity to synthesise.

