

Glossary:

Vegetal cells: these are plant cells which are eukaryotic cells that differ in several key aspects from the cells of other eukaryotic organisms.

Tropical fruits: Tropical fruit is any fruit produced by a tree native to the tropics. The tropics are generally defined as the region of the globe between the Tropic of Cancer and the Tropic of Capricorn, and the environmental conditions there are unique, creating a habitat for incredibly diverse animals and plants

Dehydration: Dehydration is a condition that results when the body loses more water than it takes in. This imbalance disrupts the usual levels of salts and sugars present in the blood, which can interfere with the way the body functions

Fermentation: the chemical breakdown of a substance by bacteria, yeasts, or other microorganisms, typically involving effervescence and the giving off of heat."the fermentation of organic matter by micro-organisms in the gut"