

Glossary

1 Plasma glucose

Concentration of glucose in the blood

2 Hydrolysis

Breakdown of a compound due to reaction with water

3 Mammals

Any female animal which feeds the young on milk

4 Ketosis

A metabolic process in which raised level of ketone bodies are seen in the body

5 Hypoglycemic

Low blood glucose

6 Exoskeleton

A rigid external covering of the body

7 Gelatinization

Process of breaking down of intermolecular bonds of starch in the presence of heat and water

8 Adipose tissues

A tissue in which fat gets stored

9 Glycemic response

Changes in blood glucose level after consuming carbohydrate containing food

10 Malting

Germination

11 Malnutrition

Lack of proper nutrition

12 Lethargy

Lack of energy

13 Balanced diet

Diet with proper proportion of essential nutrients

14 Buck wheat

Grain like starchy seeds

15 Berries

A small, round, juicy fruit