

Key term	Definition
addiction	A need to keep taking a drug in order to feel normal.
alcoholic	A person who is addicted to alcohol.
alveolus	Small air sacs found at the end of each bronchiole where gas exchange takes place with the blood.
anus	Muscular ring through which faeces pass out of the body.
asthma	A lung disorder in which inflammation (swelling) causes the bronchi to swell and narrow the airways, creating breathing difficulties.
balanced diet	Eating food containing the right nutrients in the correct amounts.
bile	Substance that breaks fat into droplets.
breathing	The movement of air in and out of the lungs.
bronchiole	Small tube in the lung.
bronchus	One of two tubes which carry air into the lungs.
carbohydrase	Enzyme that breaks down carbohydrates into sugar molecules.
carbohydrate	Nutrient that supplies the body's main source of energy. There are two types: simple (sugars) and complex (starch).
catalyst	Substances that speed up chemical reactions but are unchanged at the end.
condense	The change of state from gas to liquid.
contract	To get shorter or smaller.
deficiency	A lack of minerals that causes poor growth.
depressant	A drug that slows down the body's reactions by slowing down the nervous system.
diaphragm	A sheet of muscle found underneath the lungs which is used in breathing.

dietary fibre	Parts of plants that cannot be digested. It helps the body to eliminate waste by providing bulk to keep food moving through the digestive system.
digestion	Process in which large molecules are broken down into smaller molecules.
digestive system	Group of organs that work together to break down food.
drug	Chemical substance that affects the way your body works.
enzyme	Substances that speed up the chemical reactions of digestion resulting in large molecules being broken into small molecules.
ethanol	The drug found in alcoholic drinks.
exhale	Breathing out, to remove carbon dioxide.
food test	Chemical test to detect the presence of particular nutrients in a food.
gas exchange	The transfer of gases between an organism and its environment.
gullet	Tube that food travels down into the stomach.
gut bacteria	Microorganisms that naturally live in the intestine and help food break down.
hypothesis	An explanation you can test which includes a reason and a 'science idea'.
inhale	Breathing in, to take in oxygen.
large intestine	Lower part of the intestine from which water is absorbed and where faeces (solid waste of undigested food) are formed.
lipase	Enzyme that breaks down lipids into fatty acids and glycerol.
lipid	Nutrient that provides a store of energy and insulate the body. Found in butter, milk, eggs, nuts.
lungs	The organ in which gas exchange takes place.
lung volume	Measure of the amount of air breathed in or out.
malnourishment	Eating the wrong amount or wrong types of food.
medicinal drug	Drug that has a medical benefit to your health.

mineral (biology)	Essential nutrient needed in small amounts to keep you healthy.
nutrient	Essential substance that your body needs to survive, provided by food.
obese	Extremely overweight.
passive smoking	Breathing in other people's smoke.
protease	Enzyme that breaks down proteins into amino acids.
protein	Nutrient your body uses to build new tissue for growth and repair. Sources are meat, fish, eggs, dairy products, beans, nuts, and seeds.
recreational drug	Drug that is taken for enjoyment.
rectum	Faeces are stored here, before being passed out of the body.
respiration	The process that transfers energy in plants and animals. In respiration, glucose reacts with oxygen to make carbon dioxide from water.
respiratory system	Organ system which replaces oxygen and removes carbon dioxide from the blood.
ribs	Bones which surround the lungs to form the ribcage and protect the lungs.
small intestine	Upper part of the intestine where digestion is completed and nutrients are absorbed by the blood.
starvation	Extreme case of not eating enough food.
stimulant	A drug that speeds up the body's reactions by speeding up the nervous system.
stomach	Organ where food is mixed with acidic juices to start the digestion of protein and kill microorganisms.
trachea	Tube which carries air from the mouth and nose to the lungs.
unit of alcohol	10 ml of pure alcohol.
villi	Tiny projections in the small intestine wall that increase the area for absorption.
vitamin	Essential nutrients needed in small amounts to keep you healthy.
withdrawal symptoms	Unpleasant symptom a person with a drug addiction suffers from when they stop taking the drug.