

# The Human Body - Module 10

## Vocabulary List

**nutrients**, n. Nourishing substances, necessary for growth and the maintenance of life

**nutrition**, n. The process of supplying the body with the proper foods for growth; nourishment

**nutritionist**, n. One who studies nutrition, learning what the body needs to live

**organs**, n. Body parts that perform specific jobs within body systems

**systems**, n. Sets of connected parts that work together to perform a job

**vaccinations**, n. The process of getting vaccine treatments to prevent diseases in living things

**bacteria**, n. Very small living things not visible with the naked eye, some of which may cause disease

**lens**, n. A curved piece of glass used in magnifying glasses and microscopes

**magnifies**, v. Makes something appear larger than it really is

**microscope**, n. A magnifying instrument used for viewing very small objects

**observations**, n. Information gathered by closely watching someone or something

**cells**, n. The smallest units of living things; the body's building blocks

**functions**, n. Roles, jobs, or purposes that support particular activities

**microscopic**, adj. Too small to be seen without the aid of a microscope

**stimulus**, n. A thing or event that starts actions, feelings, and thoughts; a thing or event that stirs up specific reactions in organs and tissues

**tissue**, n. A group of cells that perform the same job in living organisms

**collapse**, v. To fall or cave in

**kidneys**, n. A pair of abdominal organs that helps clean the body's blood

**liver**, n. A large body organ that secretes juices to aid in digestion

**nourish**, v. Provide with food or other substances necessary for growth

**transplant**, v. To move something from one place to another place

**absorb**, v. To take in or soak up a substance, often gradually

**esophagus**, n. A muscular tube that connects the throat to the stomach

**filtering**, v. Passing through a device to remove unwanted material

**saliva**, n. A watery liquid in the mouth that helps soften food, making it easier to swallow

**villi**, n. The small finger-like threads inside the small intestine through which nutrients from food are absorbed into the body

**bladder**, n. A balloon-like sac in which urine collects before it is excreted from the body

**excrete**, v. To expel or get rid of

**regulate**, v. To control something

**sweat**, n. Moisture that comes out of the skin's pores due to exercise, fever, heat, or fear; perspiration

**toxic**, adj. Poisonous

**carbohydrates**, n. Substances that supply the human body with energy

**essential**, adj. Absolutely necessary; extremely important

**fats**, n. Substances that are essential to a healthy body in small doses

**minerals**, n. Inorganic (nonliving) substances, small quantities of which are part of a healthy diet

**proteins**, n. Substances, found in all body cells, that are essential for growth

**fiber**, n. Fiber is the part of plant foods that your body can't digest or absorb

**moderation**, n. The act of keeping things within a middle range, neither too great nor too little

**scan**, v. To look around an area quickly

**variety**, n. A range of different things

**well-balanced diet**, n. A variety of foods, eaten in proper proportions

**calories**, n. Units used to measure the amount of energy in foods; the energy in food

**network**, n. A group of interconnected things

**recovery**, n. A return to health

**terms**, n. Words or phrases used to describe a thing or an idea

**windpipe**, n. The air passage from the throat to the lungs; the trachea