

1. adipose tissue	the body tissue that contains fat; it consists of connective tissue filled with large numbers of fat cells	21. sensory perception	reaction to food based on how the food looks, smells, tastes, feels and sounds when eaten
2. anaemia	a diet-related deficiency disorder resulting either from a diet that is low in iron or from iron loss	22. turgor	the pressure placed on cell walls or membranes by fluids within the cell
3. appetite	the desire for food, even when the body does not feel hunger	23. vegetarian	a person who does not eat meat, poultry or fish
4. aroma	the odour given off by food		
5. basal metabolic rate (BMR)	the minimum amount of energy that your body needs to maintain normal body processes; your lowest energy expenditure while awake		
6. carbohydrate	one of the main nutrients needed by the body, providing energy and fibre		
7. flavour	the sensory message resulting from the taste and aroma of food in the mouth		
8. generic brands	a basic product sold under the label of a large retailer e.g. Home Brand is Woolworth's line of basic products		
9. gluten	a type of protein found in grains that will stretch and form the structure of a flour product		
10. hunger	a feeling of emptiness, weakness or pain caused by a lack of food		
11. hypothalamus	a small gland at the base of the brain that regulates hunger, thirst, sleep and the release of some hormones		
12. marketplace	the location where goods are presented to consumers for sale		
13. metabolise	the process of changing energy sources (e.g. food) into energy		
14. nutrition	the scientific study of food consumption and the use of nutrients in the body		
15. offal	organ meats from animals that are eaten e.g. beef liver		
16. peers	people of similar age, with similar interests and social status		
17. protein	one of the main nutrients needed by the body to repair and build cells, produce enzymes and hormones, and which can be used as a source of energy		
18. resource	something that is used to achieve a goal		
19. rickets	a sign of vitamin D deficiency in children, in which the bones do not harden normally and can become malformed		
20. satiety	a feeling of fullness experienced after eating		