

12 Food Tech 11b Nutrition Issues - Diet and Health in

Quizlet

Australia Part 2

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1. hyperglycaemia	abnormally high blood glucose level	17. type 1 diabetes	a diabetic condition where the pancreas produces no insulin; most commonly diagnosed during childhood or adolescence
2. hypertension	high blood pressure	18. type 2 diabetes	a diabetic condition where the pancreas produces insufficient insulin, or the cells lack sensitivity to insulin; often associated with obesity and usually develops later in life
3. hypoglycaemia	inadequate blood-glucose levels	19. undernutrition	a condition that occurs when an individual's diet is lacking in one or more nutrients
4. hypothalamus	a small gland at the base of the brain that regulates hunger, thirst, sleep and the release of some hormones	20. varicose veins	a condition in which the valves in the vein have difficulty in closing; the veins stretch and swell with blood
5. insulin resistant	the condition in which body cells do not respond to insulin even though adequate amounts of insulin are present; may result in even higher levels of insulin being released, high blood glucose, and abnormal metabolism of body fuels		
6. lipoproteins	molecules composed of both protein and lipid; they are responsible for carrying lipids through the bloodstream		
7. low-density lipoproteins (LDLs)	lipoproteins that deposit cholesterol along the walls of blood vessels		
8. malnutrition	a condition that occurs when one or more nutrients are not present in the correct amounts in the diet		
9. nutrition	the scientific study of food consumption and the use of nutrients in the body		
10. obese	when an individual's weight is excessive, sufficient to cause significant health problems; usually defined as 20% above a healthy weight range		
11. osteoporosis	literally means 'porous bones'; this disease occurs when calcium is lost from bones, resulting in a weak bone structure		
12. overnutrition	a condition which occurs when an individual's diet contains an excess of one or more nutrients		
13. overweight	a condition which occurs when an individual's weight is greater than ideal for good health; usually defined as 10-20% above a healthy weight range		
14. palpitations	when the heart beats abnormally quickly		
15. plaque	a deposit of undesirable substance; dental plaque is an insoluble substance secreted by bacteria onto teeth, which is used as a shield while causing tooth decay; arterial plaque is a fatty, fibrous deposit in the walls of blood vessels, which causes blood vessels to narrow and become blocked, preventing normal blood flow		
16. systolic pressure	the blood pressure when the heart is pumping the blood		