



BJC Health Science

FLASH CARDS

EDITABLE - STARTER KIT





Instructions for Use

1. Print these flashcards onto paper or cardstock.
2. If you would like your cards durable, you can laminate them or cover them with clear contact paper.
3. Cut each card out along the solid black line. Fold each card in half along the black dotted line. This will give you the definitions for each term.
4. Stick the two sides together with glue or tape.
5. You may edit these flash cards in any PDF reader.

Find more resources at www.TheStudentShed.com.

<p>Carbohydrates</p>	<p>Carbohydrates are the sugars, starches and cellulose found in food. These are compounds of the elements carbon, hydrogen and oxygen.</p>
<p>Lipids</p>	<p>Lipids include all the fats, oils and steroids. These are all compounds of carbon, hydrogen, and oxygen.</p>
<p>Proteins</p>	<p>Proteins are very large molecules made from simple building blocks called amino acids.</p>
<p>Ingestion</p>	<p>The process whereby food is taken into the mouth and where digestion starts.</p>

<p>Digestion</p>	<p>The breaking down of food into smaller particles. This can be carried out chemically or mechanically.</p>
<p>Alimentary Canal</p>	<p>This is the muscular tube about 8 meters long, running from the mouth to the anus. It has many distinct parts which play a special role in digestion.</p>
<p>Physical digestion</p>	<p>Digestion which takes place by your teeth and tongues and by the muscles in the wall of the alimentary canal.</p>
<p>Enzyme</p>	<p>A protein to break down chemical reactions in the body.</p>

<p>Pepsin</p>	<p>An enzyme which helps start the breakdown of proteins.</p>
<p>Amylase</p>	<p>An enzyme which acts to breakdown starch.</p>
<p>Lipase</p>	<p>An enzyme which acts on lipids to produce fatty acids and glycerol.</p>

