

## Glossary

- 1. Abstinence – choosing not to participate in a specific activity; e.g. sexual activity, alcohol, tobacco, other drug use.**
- 2. A.I.D.S. - the acronym for Acquired Immune Deficiency Syndrome, which is the final stage of HIV infection during which there is a significant decrease in the disease fighting cells inside the body.**
- 3. Anorexia - an eating disorder characterized by refusing to maintain a minimally normal weight for age and height.**
- 4. Appetite - a pleasant desire for food.**
- 4. Bacterial - dealing with bacterial, a microorganism that has no chlorophyll and multiplies by simple division, which cause disease.**
- 5. Barrier - any device that blocks the sperm from fertilizing the egg.**
- 6. Binge eating disorder**
- 7. Birth – the act of being born.**
- 8. Body Composition - amount of fat tissue and lean tissue in your body.**
- 9. Body image - feeling you have about how your body looks.**
- 10. Bulimia - an eating disorder characterized by a quick consumption of a large amount of food in a short period of time.**
- 11. Caloric intake - the amount of energy that you take in to your body in the form of foods and beverages.**
- 12. Caloric expenditure**
- 13. Calorie - a unit of heat that measures the energy available in foods.**
- 14. Cancer - a disease with symptoms that include a tumor; it is invasive and spreads to other sites in the body.**
- 15. Carbohydrate - nutrient that is the most useful supply of energy for the body.**
- 16. Chlamydia - an STD/STI caused by the bacterium, Chlymydia trachomatis, and results in inflammation of the urethra and epididymis in males and inflammation of the vagina and cervix in females.**

- 17. Chronic disease - a sickness or illness that lasts a long time and changes little over a period of time.**
- 18. Communicable Disease – a disease that can be spread from person to person; contagious.**
- 19. Condom – a thin, rubber or polyurethane sheath for the penis used to prevent sexually transmitted infections (STI;s) or conception.**
- 20. Conflict Resolution – the process of resolving a conflict among two or more individuals or groups.**
- 21. Contraception – interference with fertilization of an ovum by chemical, physical, or surgical methods.**
- 22. Contraction - the shortening of a muscle in the uterus during labor.**
- 23. Decision-making Process – the process one goes through to decide or settle a dispute or question.**
- 24. Depression – a state of extreme sadness for an extended period of time.**
- 25. Depo-provera – an injectable contraceptive that prevents ovulation and fertilization.**
- 26. Diabetes - a disease that results from inadequate production or utilization of insulin.**
- 27. Dietary Guidelines for Americans - suggested goals for eating that help people stay healthy and live longer.**
- 28. Eating disorder - abnormal behaviors and ideas related to food and eating along with unrealistic body image.**
- 29. Ectomorph - a body type that is thin, has long bones, thin muscles, and with little body fat.**
- 30. Endomorph - a body type that is round and soft with a lot of body fat.**
- 31. Energy Balance - your calorie intake equals the calories you use or burn in a day.**
- 32. Exposure – to come in contact with a contagious disease or pathogen.**
- 33. Fat - nutrient that helps to regulate body processes and fight disease. It also helps to promote the growth of new cells.**

- 33. Fetal – having to do with a fetus.**
- 34. Fetus - the unborn young of a human from about the 8<sup>th</sup> week after conception until birth.**
- 35. Fertilization - the union of a sperm and an ovum.**
- 36. Food borne illness - a sickness caused by eating foods or drinking beverages that contain harmful germs.**
- 37. Food Guide Pyramid - a guide that shows how many servings are needed from each food group each day.**
- 38. Food safety standards - guidelines from government or community organizations for handling food safely to prevent food borne illnesses.**
- 40. Gestation – the period of time of carrying young in the uterus; pregnancy.**
- 41. Genital - the reproductive organs especially the external sex organs.**
- 42. Genital Warts – are dry wart-like growths that are caused by the human papilloma virus (HPV). The warts are painless and have a cauliflower shape.**
- 43. Gonorrhoea - an STD/STI caused by the bacterium, neisseria, which infects the epithelial surfaces of the genitourinary tract in males and females**
- 44. Healthy weight - the best weight for you that will keep you in good health.**
- 45. Hepatitis B – the most common type of viral hepatitis, which is found in blood, blood products, saliva, semen and vaginal secretions. It is spread through sexual contact and the sharing of needles.**
- 46. Herpes Simplex I – a form of the herpes simplex virus (HSV-1) which generally causes cold sores or fever blisters in the mouth or the lips.**
- 47. Herpes Simplex II – (HSV-2, genital herpes) – is a highly contagious STD/STI that is caused by two forms of the herpes simplex virus. It generally is associated with sores or lesions in the genital area.**
- 48. H.I.V. – initials which stand for Human Immunodeficiency Virus, the pathogen that causes A.I.D.S.**
- 49. Hormone - a substance formed by endocrine glands which brings about changes in other organs.**

- 50. Human Papilloma Virus (HPV)– an STD/STI, which causes genital warts, which is transmitted through vaginal, anal, or oral intercourse.**
- 51. Hunger - a dull pain because of lack of food.**
- 52. Implantation – attachment**
- 53. Immune System – a body system that protects the individual from infection and pathogens that cause disease.**
- 54. Macronutrient - substances in foods that the human body requires in large amounts.**
- 55. Mesomorph – a body type that is characterized by visible muscles and little body fat.**
- 56. Menarche – the first menstrual period.**
- 57. Menstrual Cycle – a rhythmic cycle of approximately one month in which hormone levels fluctuate to prepare a woman’s body for the possibility of pregnancy.**
- 58. Micronutrient - substances in foods that the human body requires in small amounts.**
- 59. Minerals - nutrients that help regulate body processes and build new cells.**
- 60. Mode – a manner or way of doing or being.**
- 61. Nocturnal emissions - spontaneous ejaculation that occurs during sleep.**
- 62. Noncommunicable Diseases – a disease that cannot be spread from person to person.**
- 63. Nutrient - substance in food that the body uses for energy and growth and repair of cells.**
- 64. Oral Contraception – a form of birth control taken orally, such as in pill form.**
- 65. Osteoporosis - a disease that results in softening of the bones.**
- 66. Overweight/Obesity - body weight is above the standard of 25 for Body Mass Index (BMI)/ body weight is above the standard of 30 for Body Mass Index (BMI).**
- 67. Parasitic – referring to a plant or animal that lives on or in another organism.**
- 68. Patch – a small adhesive bandage worn on the skin of a woman that releases small amounts of hormones to prevent ovulation.**
- 69. Pelvic Inflammatory Disease – infection in the uterus, fallopian tubes, and/or ovaries.**

- 70. Physical Activity - body movement produced by muscles.**
- 71. Physical activity pyramid - a guide that shows how much and what type of physical activity we need every day.**
- 72. Physical fitness - having the energy and strength to handle the every day demands of your life.**
- 73. Protein - – nutrients the body uses for growth and repair of cells and supplies energy.**
- 74. Pregnancy – the time period when there is an offspring developing in the uterus.**
- 75. Prenatal - before birth.**
- 76. Puberty - the stage of physical development when sexual reproduction first becomes possible.**
- 77. Pubic Lice - the parasitic insects of pediculosis pubis that are yellowish-gray in color and about the size of a pinhead. The lice attach to the pubic hairs and burrow into the skin where they feed on blood.**
- 78. Quackery - promotion of a remedy (device, treatment, plan, service, or special food) that does not work.**
- 79. Reproductive System – a body system of organs, which help to produce offspring.**
- 80. Sexual Intercourse – the joining of the sexual organs of a male and female human.**
- 81. STD/STI – Sexually Transmitted Diseases or Sexually Transmitted Infections.**
- 82. Strategy – a planning or managing skill**
- 83. Stress - the body’s reaction to mental or physical tension, anxiety, or pressure.**
- 84. Suicide - to kill one’s self; self-destruction.**
- 85. Syphilis – a STD/STI caused by the bacterium, Treponema Pallidum that penetrates mucous membranes and abrasions in the skin and causes lesions.**
- 86. Tattoo – to make a permanent design by puncturing the skin and inserting indelible color.**
- 87. Transmission - to pass on through a common medium.**
- 88. Trichomoniasis – is an STD/STI caused by a parasitic protozoan, Trichomonas vaginalis, which may infect the vagina, urethra, or prostate.**

**89. Viral – involved or caused by a virus.-**

**90. Vitamins - nutrients that help regulate body processes, fight disease, and promote the growth of new cells.**

**91. Water - nutrient that helps with digestion, makes up most of your blood, and helps remove waste products.**

**92. Weight management - being able to control your weight through healthy eating habits and exercise.**