**Unit 5 Vocab List**

**Carbohydrates** - are a compound composed of sugars (glucose) that create energy; 4 calories per gram.

**Saturated Fat** -  is a fat or fatty acid in which there are no double bonds between the carbon atoms of the fatty acid chain;  they are usually solid at room temperature.

**Unsaturated fat -**  is a fat or fatty acid in which there are one or more double bonds between carbon atoms of the fatty acid chain; they tend to melt at lower temperatures and are often liquid at room temperature.

**Protein -** is one of the basic components of food and makes all life possible. Amino acids are the building blocks; they repair the body, muscles and other tissues.

**Basal Metabolic Rate -** is the energy required for metabolism for basic functions such as circulation and digestion when the body is at complete rest.

**Body Mass Index -** is used to calculate if someone is a healthy weight for their height (18.5-24.9); BMI is calculated by dividing weight (in kilograms) by the square of the height (in meters).

**Caloric Intake** - is the total number of calories in a daily diet allocation.

**Calorie Expenditure -**  is the amount of energy the body uses in a certain period of time.