

Element 11: Glossary

sachet (noun) sa-SHAY

a small bag; sometimes a perfumed bag

reflecting (verb) ree-FLEK-ting

mirroring an image or a light source; or pondering a topic as if mirroring an event in your mind

glittering (verb) GLI-tur-ring

glinting or sparkling with specks of light

grains (noun) GRANZ

cereals that grow with a seed portion on a stalk

yield (noun) YEELD

the amount of food actually harvested by a farmer after the plants have grown full term

potential (noun) po-TEN-chul

not what is occurring now but what is the best possible thing that could be achieved

rice (noun) RICE

a swamp grass with a grain harvested as food for 10,000 years

variety (noun) vuh-RY-uh-tee

many types of a similar thing

emergencies (noun) ee-MUR-gen-seez

unexpected, dangerous situations that call for instant action

replanting (verb) ree-PLANT-ing

removing a plant from a protected area to plant in a permanent garden row

vigorous (adjective) VIG-your-us

with rapid or strong motion or support

cultivated (verb) CUL-ti-vae-ted

broken up soil, prepared for farming; (or in human terms, educated to prepare for a well-rounded life)

consumers (noun) cun-SOOM-ers

those who use a thing (whether by eating it, buying it or taking it in as part of a whole)

viruses (noun) VY-rus-es

tiny disease-causing agents that reproduce inside plants or animals as parasites; although made of RNA or DNA in a protein shell, they are not living.

weeds (noun) WEEDZ

undesirable plants that spread fast and take the place of the desired plant

orphans (noun) OR-funz

children without their original biological parents

fetching (verb) FETCH-ing

going some distance to get

scratch (verb) SCRATCH

to relieve an itch by moving a sharp object; or to end a plan

disagreement (noun) dis-a-GREE-ment

a question or situation about which two people to feel or think differently

scenario (noun) scu-NE-ree-oh

a scene or a series of events

nutrients (noun) NU-tree-unts

substances the body needs to eat to stay alive

carbohydrate (noun) car-bo-HY-drate

sugars, starches and fibers the body breaks down into glucose, for energy; the reason for the name is that the chemicals carbon, hydrogen and oxygen form carbohydrates.

calorie (noun) KAL-er-ee

a unit of energy used to measure food (also the amount of heat required to raise one gram of water one degree Celsius)

protein (noun) PRO-teen

large, complex molecules that do much of the work in the body's cells

fats (noun) FATS

in the body, fats serve as an energy storage system; they are organic compounds consisting of carbon and hydrogen atoms.

minerals (noun) MIN-er-uhls)

inorganic elements essential to nutrition; examples include water, sodium, potassium, chloride, calcium, phosphate, sulfate, magnesium, iron, copper, zinc, manganese, iodine, selenium, **and** molybdenum.

calcium (noun) KAL-see-uhm

a mineral stored in the hard part of the bones, important for the heart, the muscles and for blood clotting

niacin (noun) NY-uh-sin

an organic compound and a form of Vitamin B3 found in meat, fish and nuts

Vitamin D (noun) VY-tuh-min D

one of many essential fat-soluble vitamins that helps the bones and teeth and helps the body absorb certain minerals; High levels of Vitamin D come from the sun as well as from fish oil, egg yolks and milk.

Riboflavin (noun) RY-bo-FLAE-vin

Riboflavin, also known as vitamin B2, is a vitamin found in eggs, green vegetables, milk, meat, mushrooms, and almonds and sometimes grains. It can be used in supplement form to prevent migraine headaches.

disease (noun) diz-EEZ

a disease is linked to a specific cause within an organism and a known name and pattern of illness, whereas a general illness may result from poor health without a known cause. Diseases, once known, have names given to them by the researchers who studied them.

adjust (verb) uh-JUST

the act of changing to fit a new condition