

# Green Beetz Glossary

**Advertising** - The process of making a product well known to the public so it can be sold.

**Aerobic composition** - decomposition of materials with oxygen present, results in a useful nutrient-rich compost.

**Agricultural Revolution** - Around 9000 BC humans began settling down into larger communities and created farms.

**Anaerobic composting** - decomposition of materials without oxygen present, this results in high levels of methane gas release and is what happens to food waste that gets to our landfills.

**Antibiotics** - Medicine to fight infections.

**Arteries** - Blood vessels that carry blood away from the heart and to the cells of the body. Most arteries bring oxygen and nutrients to the cells.

**Bake** - A method of cooking in an oven that surrounds the food with heat from all sides.

**Boil** - A method of cooking in which the food is heated in boiling water.

**Carbohydrates** - An important source of immediate energy; they are made up of sugars and are found in everything from bread to fruits and vegetables, to milk. There are two types of carbohydrates: *simple carbohydrates* and *complex carbohydrates*.

- *Simple carbohydrates* usually taste sweeter but are less healthy – they are found in white bread, soda, fruit juice, etc.
- *Complex carbohydrates* are healthier. Some examples of complex carbohydrates include oatmeal, whole grain bread, and vegetables.

**Circulatory System** – A group of organs in the body that work together to move important cells and chemicals to and from the cells.

- a) Circulatory system is made up of the heart, the blood vessels, and the blood itself.
- b) Nutrients, oxygen, carbon dioxide, blood cells, and waste are a few of the most important things that are moved by the circulatory system.

**Composting** - Composting is the natural process of recycling *organic matter*, such as leaves and food scraps, into a valuable *fertilizer* that can enrich soil and plants.

- *Organic matter* - matter that has come from a recently living organism.
- *Fertilizer* - enrichment/food to help plants grow more quickly.

**Consumers** - Animals get their energy and nutrients from eating (consuming) other living things.

**Contaminated** - Ruined.

**Cuisine** - A style or method of cooking, especially one characteristic of a particular country or region.

**Decomposers** - Tiny organisms like bacteria or fungi that get their energy by breaking down plants or animals after they die and then returning many of the nutrients back to the soil.

**Digestibility** - How easily food can be broken down for nutrients and energy. Cooking increases digestibility of many types of food.

**Digestion** – The breakdown of food into tiny nutrients.

**Digestive System** – A group of organs in the body that work together to break food down into small nutrients and that then allow the nutrients to be absorbed into the bloodstream.

- The digestive system consists of the mouth, esophagus, stomach, small intestine, large intestine, and rectum.

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**Energy** - The energy in our food comes from carbohydrates, proteins, and fats as they are broken down and changed within our body. The amount of energy that a food contains is measured in *calories*. If we eat more calories than we use up staying alive and doing activities, the extra energy is stored in the form of body fat, and we gain weight.

**Factory farms/Industrial farms** - Farms that run like factories.

**Fats** - Are used for long-term energy storage and help with the functioning of the brain, skin, and other organs. Fats also help us to utilize vitamins. Healthy fats occur naturally in many foods (e.g., milk, nuts, avocados, and more). Generally, these fats are better for us than the fat that is added when food is processed or deep-fried.

**Fertilizer** - enrichment/food to help plants grow more quickly.

**Fiber** - a type of carbohydrate that the body can't digest.

**Food Access** - The ability to get good (high-quality) food

**Food Chains** - Show the flow of energy and nutrients from one living creature to another - one linear path.

**Food Deserts** - Areas where much of the population lives at least one mile from the nearest large grocery store

**Food Equity** - promotes access to fresh produce and healthy food options as a basic human right. Everyone should be able to access nutritious, high quality, affordable, and culturally relevant foods no matter where they were born or how much money they have.

**Food Insecurity** - A state of being without reliable access to a sufficient quantity of affordable and nutritious food

**Food Literate** - Being food literate means you understand how what we eat impacts our lives and the Earth.

**Food Recovery** - Taking edible food that would otherwise go to waste and redistributing it in some way

**Food Recycling** - Repurposing waste as energy, agricultural, or other products

**Food Secure/Security** - When a household and occupants do not live in fear of hunger or starvation, having access and availability to food at all times

**Food Swamps** - Areas where the population has more access to unhealthy food and limited access to healthy food

**Food Waste** - Food that is or was perfectly edible but is discarded into the trash

**Food Waste Prevention** - Stopping waste from occurring in the first place

**Food Webs** - Show the many different pathways of energy flow that connect animals and plants rather than one linear path like a food chain.

**Fry** - A method of cooking that uses significant amounts of oil, butter, or other fats. Frying can add significant amounts of fat to the food.

**Grill** - A method of cooking over a flame or hot coals. Grilling can produce some of the leanest dishes, as fats often drip out and fall through the grate, away from the food.

**Gut-Brain Axis (GBA)** - The two-way communication between our digestive system and brain, which is influenced by the foods we feed the bacteria, fungus and other microorganisms that live throughout our Digestive Tract (the gut microbiota).

**Heart Disease** - A poor diet can lead to little bits of cholesterol, fats, and calcium building up inside of blood vessel walls. These build-ups are called *plaques*. When plaques block blood

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vessels that normally deliver oxygen to the heart - your heart needs a lot of oxygen to properly function - the reduced blood flow can cause heart pain and may even lead to a heart attack.

**High Blood Pressure (Hypertension)** - When the force of blood pushing against your artery walls is too high, beyond healthy levels. This increased blood force can lead to damaged and weak blood vessels (arteries), which can be dangerous. Being overweight/obese and possibly consuming high levels of salt and being inactive are all linked to high blood pressure.

**Hormones** - Given to make animals grow fast.

**Impact** - Having an effect on someone or something.

**Legume** - beans, lentils, chickpeas, and peas.

**Local food sources** - Food grown/raised near to where you buy it.

**Marketing** - Any kind of public announcement that tries to convince people to purchase a product.

**Mediterranean diet** - A Mediterranean diet favors fruits and vegetables, whole grains, lean protein, omega-3 fatty acids and other healthy fats, and spices. It discourages or limits the consumption of processed foods and red meats.

**Mental Health** - Mental health concerns the state of your emotions, mind, and social well-being. Mental health affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

**Methane** - a greenhouse gas produced when food breaks down without oxygen (anaerobically); it traps heat in the atmosphere contributing to climate change.

**Modern food system** - What we have developed and used for the last 100 years; farmers use new technology and chemicals to produce a larger quantity of food to sell.

*The modern food system includes:*

I. **Factory farms/industrial farms** - Huge farms that produce food in the way a factory would.

II. **Pesticides** - Chemicals that kill pests in order to allow more crops to grow.

**Natural resources** - Found in the Earth or grown; not man-made.

**Nutrients** - All of the foods we eat contain nutrients, vitamins, and minerals. Vitamins and minerals are important for our health and help us fight disease. The three main types of nutrients are: carbohydrates, fats, and proteins. Different kinds of foods contain different amounts of these nutrients.

**Nutritional Psychiatry** - the practice of investigating how foods affect our brain health and using food and food supplements as treatments for mental health disorders.

**Obesity** - Consuming too many high calorie foods can lead to weight gain; an excessive amount of weight to your body size is considered obese. Obesity can make it more likely you develop diabetes, high blood pressure, and heart disease.

**Organic matter** - matter that has come from a recently living organism.

**Pesticides** - Chemicals to kill pests or bugs.

**Phytonutrients** - special substances that only exist in plants giving them their flavor, color, fiber, and texture.

**Plant-based eating** - a way of eating that focuses on foods that come from plants and limits foods that come from animals.

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**Plaque** - In the case of the circulatory system, plaques are build-ups of cholesterol, fats, and calcium inside the walls of the arteries. Plaques can also include white blood cells and platelets (types of blood cells). Plaques can restrict and even block blood flow through the arteries.

**Preserve** - Keeps food edible for longer. Cooking and then storing food in sealed jars helps to preserve foods for many months or even years.

**Processed Foods** - foods that have been changed either by mechanical or chemical means.

**Producers** - Plants are able to capture all the energy they need from sunlight and produce many of the nutrients necessary for life, such as complex carbohydrates, fats, and proteins.

**Profit** - How much money is earned (once you subtract what it cost you to make, advertise, package, etc. a product).

**Proteins** - Are very important for our cells' functioning – they help with things like growing bones, muscles, hair and nails, and the health of our immune system and blood. The main sources of proteins are animal products, beans, and nuts.

**Sauté** - A method of cooking in a large pan that involves moving the food around quickly so that it does not burn or stick to the pan. Food can be sautéed in a small amount of oil, broth, or water.

**Staple** - Foods that are so plentiful in a region that they have become part of the daily food consumption and may be a part of one or more meals each day. Some examples are bread, rice, beans, yucca, quinoa, etc.

**Traditional food system** - Farmers directly grow plants and raise animals to sell and consume with very little mechanization or change to the naturally grown product, plant, animal.

**Type II Diabetes** - Leads to high levels of sugar in the bloodstream which can damage nerves, blood vessels, and other organs like the kidneys and the pancreas. Diabetes can lead to blindness, tingling in the feet and hands, severe infections and higher risk of heart disease. Obesity and consuming excess amounts of sugar (especially soda) daily for many years may lead to Type II Diabetes.

**Vegan** - a diet that doesn't include any animal products or byproducts.

**Vegetarian** - a diet that doesn't include any animal products but may include animal byproducts such as eggs, cheese, milk and honey.

**Vitamins & Minerals** - essential nutrients that our bodies need in small amounts.

**Whole foods** - foods that are in their natural form, unchanged, or very close to it.