

Vocabulary

- **Probiotic:** a microorganism that when consumed maintains or restores beneficial bacteria to the digestive tract
- **Bacteria:** a member of a large group of unicellular microorganisms which have cell walls but lack organelles and an organized nucleus, including some that can cause disease
- **Mechanical Digestion:** a physical process that makes food smaller, such as chewing and tongue movements
- **Chemical Digestion:** the breaking down of food particles by enzymes in the digestive tract