

**Adventures in Food and Nutrition! © 2016**  
**Chapter 8: Play It Safe!—Glossary**

**abdominal thrust.** A technique that can help save a choking victim.

**antidote.** A substance that works against a poison.

**carbon monoxide.** A colorless, odorless deadly gas.

**cardiopulmonary resuscitation (CPR).** A lifesaving technique that helps save a victim who isn't breathing and whose heart has stopped.

**first aid.** Treatment given right after an accident happens that helps relieve pain and prevent further injury.