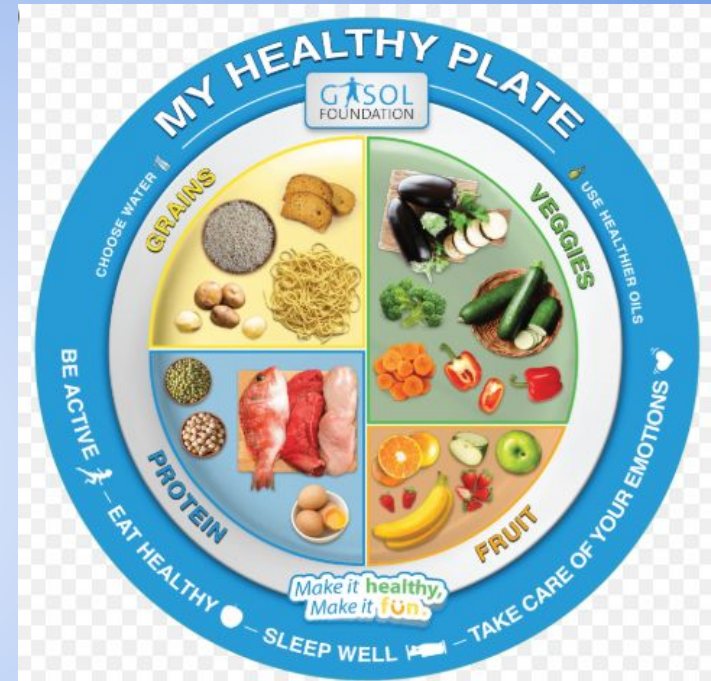


KEY VOCABULARY	DEFINITION
Nutrition	All the food necessary for gaining and sustaining health and growth
Balanced Diet	A variety of different food groups containing all the right nutrients for health and growth
Nutrients	A substance that provides nourishment essential for food and growth
Carbohydrate	Organic compound of sugars and starches found in many foods which the body breaks down and absorbs to provide energy
Protein	A necessary nutrient found in foods such as meats, milk eggs and beans
Saturated Fats	Fats found in the diet considered to be less healthy
Unsaturated Fats	Fats found in the diet considered to be healthier

HEALTHY ME



KEY VOCABULARY	DEFINITION
Skeleton	The bones of an animal which support the body and hold its shape
Vertebrate	Animals which have a spine or backbone
Invertebrate	Animals that don't have a backbone, like worms, insects and spiders
Muscles	Soft tissue found in most animals which can contract and relax to produce movement
Joints	The place in an animal's body where two or more bones meet
Tendons	A cord of fibrous tissue that attaches the ends of muscles to the bone
What makes me Me?	An interesting philosophical discussion

HEALTHY ME

