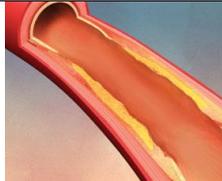
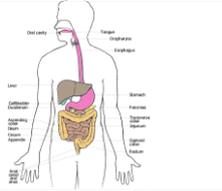
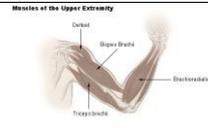
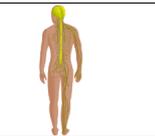
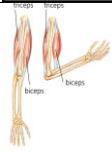
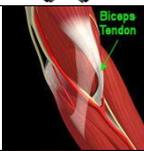


Name

Glossary for Keeping Healthy

artery		A blood vessel that carries blood away from the heart. They carry food and oxygen to the body cells.
bacteria		Micro-organisms which can be harmful (cause disease) or can be helpful (help make some foods, digest our food and decay dead animals and plants).
balanced diet		What we eat and drink. A diet is balanced when it gives the body the right amount of all the nutrients it needs.
body organ		A part of the body that does a special job. (The heart, lungs, eyes etc.)
brain		The organ inside your skull that controls your senses, muscles and organs.
carbohydrate		Food that gives the body energy - starches and sugars.
contract		When a muscle gets shorter and fatter.
digestive system		The organs that work together to break down our food and absorb its goodness into our body.
drug		A substance that can be given as medicine. Some drugs are helpful and some are harmful. All can be dangerous if misused.
energy		You need energy to grow and when you do any work like lifting, walking, playing.
excrete		Getting rid of waste from the body.

fibre		This is found in fruit and vegetables and is needed to make your intestines work properly.
heart		This is the organ that is made of strong muscle and pumps blood around your whole body.
micro-organisms		Tiny living things, like bacteria, that can only be seen with a microscope.
muscles		They contract to pull on bones to make you move. The heart is also a muscle.
nerves		Like threads which connect your brain to every part of your body.
pulse rate		The number of times your heart beats in one minute.
relax		When a muscle gets longer.
reproduce		To make more of something or make a new something.
respire		Use oxygen to turn food into energy.
scurvy		A disease caused by not enough Vitamin C in our diet.
skeleton		The bones which support our bodies. There are 206 in the human body.
tendon		Joins muscles to bones.
vein		A blood vessel that carries blood back towards the heart.
vertebrate		An animal with a backbone.