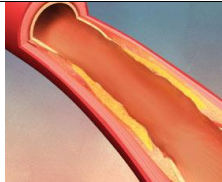






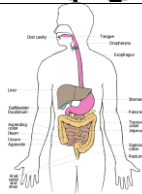







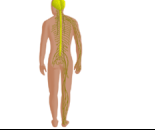






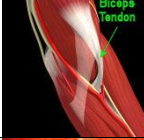




Name

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. |