

Bea's Brilliant Nutrition Word Mat

Learning objective: To identify and define key vocabulary related to nutrition and the digestive system in humans and animals.

Key Vocabulary
Use this word mat to help you understand how different nutrients help our bodies grow and stay healthy. The terms are grouped into categories to help you learn.

Why is it importa...	Which type of too...	Explain the role o...
If you are running...	Why do our bodi...	