

Nutrition and Healthy Bodies: A Vocabulary Mat

Learning objective: To identify and define key vocabulary related to nutrition, the function of the human skeleton, and the importance of a balanced diet.

Key Vocabulary

Use this reference mat to explore how our bodies function. The terms are grouped into 'Nutrients and Diet', 'The Human Skeleton', and 'Growth and Health'.

Explain why it is ...	Compare and con...	Justify your ans... If a person had no joints ...
Why do athletes o...	What might happ...	Describe the relat...