

# Nutrition and Healthy Bodies: Vocabulary Reference Mat

Learning objective: To understand the importance of a balanced diet and the roles of different nutrients in the human body.

Key Vocabulary

Use this vocabulary mat to help you understand how humans grow and stay healthy. Bea the honeybee says: 'Remember that a balanced diet gives us the energy to explore the world!'

|                                                        |                                                         |                                                           |
|--------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------------|
| <b>Nutrient</b> A substance found in food that help... | <b>Balanced Diet</b> Eating a variety of different f... | <b>Carbohydrates</b> Foods that provide the body...       |
| <b>Protein</b> Nutrients used by the body for growt... | <b>Fats</b> A concentrated source of energy that al...  | <b>Vitamins &amp; Miner...</b> Tiny nutrients needed in.. |
| <b>Fibre</b> A type of carbohydrate that helps keep... | <b>Hydration</b> The process of replacing water in ...  | <b>Energy</b> The 'fuel' the body needs to move, th...    |
| <b>Growth</b> The process of increasing in size an...  | <b>Repair</b> The way the body fixes itself using pr... | <b>Digestion</b> The process of breaking down fo...       |
| <b>Calorie</b> A unit used to measure the amount o...  | <b>Metabolism</b> The chemical processes that h...      | 1. Why is protein ...                                     |
| 2. If you were pla...                                  | 3. Explain the diff...                                  | 4. Why is 'fibre' i...                                    |
| 5. Imagine you ar...                                   |                                                         |                                                           |