Nutrition and Healthy Bodies: Vocabulary Reference Mat

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

Key Vocabulary

Use this reference mat to help you understand how our bodies use food for energy and growth. The terms are categorised by their function in the body.

Bea the Honeybe…	**Why is it importa…**	**Trace the path of …**
Nova the Owl is c…	**Explain the role o…**	