

Glossary

Talk like a scientist



Words you already know

Food



Healthy



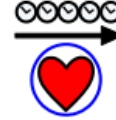
Diet



Exercise



Survival



	Nutrition	The process of obtaining the food necessary for health and growth.
	Food group	A food group is a collection of foods that share similar nutritional properties.
	Carbohydrate	A substance occurring in foods that can be broken down to release energy.
	Protein	Proteins are large molecules that are essential for the cells in our bodies to work properly.
	Dairy	Dairy products are products that are made using milk. Examples of these include cheese, butter, yoghurt, ice cream.
	Fibre	Fibre is important for keeping the digestive system healthy and is found in a range of foods including fruit, vegetables, nuts and potatoes.
	Skeleton	An inside or outside structure of bone, cartilage or another rigid material supporting the body of an animal or
	Muscle	A tissue of the body consisting of long cells that can contract and produce motion.
	Support	To support part or all of the weight of something.
	Protection	The action of protecting, or the state of being protected.
	Movement	The act or process of moving people or things from one place or position to another.

