

## Spelling list: Exploring Science 8Aa

diet & nutrition

diet	<b>Diet</b> is the food that you eat.
nutrition	Good <b>nutrition</b> helps reduce our risk of getting a large number of diseases.
carbohydrates	<b>Carbohydrates</b> are the component that provides us with the most energy.
fats	<b>Fats</b> are bad for you.
proteins	<b>Proteins</b> are nutrients used for growth and repair.
vitamins	<b>Vitamins</b> and minerals are important for growth.
fibre	<b>Fibre</b> helps to keep our intestines clean.
constipation	<b>Constipation</b> is when the intestines get blocked up.
starch	<b>Starch</b> is the chemical found in bread and potatoes.
minerals	Carbohydrates, fats, proteins, vitamins and <b>minerals</b> are all nutrients.