

Spelling list: Health and Exercise

Antibodies	Some white blood cells make substances called antibodies that kill micro-organisms.
Bile	Substance produced in the liver that breaks down fat and helps neutralise excess stomach acid.
Breathing	The act of taking air in and out of the lungs.
Circulation	Flow of blood around the body.
cilia	Hair shaped structures in the nose and throat that trap dust before it reaches the lungs.
Deficiency	Absence of certain minerals or vitamins.
Diaphragm	Muscular organ used in breathing.
Disease	A medical condition that causes illness.
Emphysema	(Pronounced em-fee-see-ma) A lung disease causing shortness of breath.
Energy	Light, sound, heat, kinetic, electrical and chemical are all forms of energy .
Heart	Muscular organ that pumps blood around the body.
Micro-organism	An organism that can only be seen under a microscope.
Muscle	A tissue that contracts to cause movement.
lung	Organ that takes oxygen from the air and returns carbon dioxide to the air.
Vitamin	Chemical found in vegetables, fruit and cereals that help your body to work efficiently.
Nutrition	The process of obtaining the food necessary for health and growth.