

Spelling list: Biology key spellings (copy)

Words linked to a healthy diet and our digestive system

Diet	A balanced diet should contain protein.
Healthy	We need fibre for a healthy diet.
Balanced	A balanced diet should contain protein.
Protein	Protein is found in meat, fish and cheese.
Carbohydrate	
Fat	Too much pudding may make you fat .
vitamin	We get some of our vitamin D from sunlight.
mineral	Calcium is a mineral which strengthens our bones and teeth.
Water	We need to drink at least 2L of water a day to stay healthy.
Stomach	Our chewed food passes down through our gullet into our stomach .
intestine	Nutrients are absorbed into our blood in the small intestine .
Mouth	Don't talk with your mouth full.
teeth	Teeth chew the food to start the digestion process.
Fibre	We need fibre for a healthy diet.