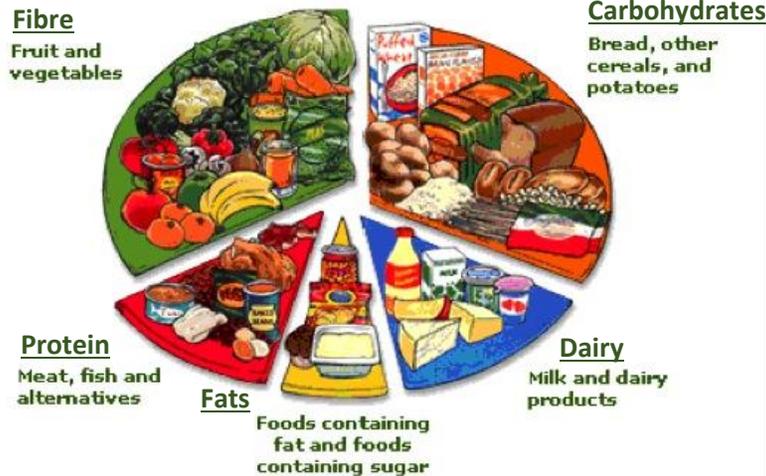


| | Term | Definition |
|---|---------------------|--|
| 1 | <i>Vertebrate</i> | Animals which have a backbone or spine including mammals, birds, reptiles, amphibians and fishes. |
| 2 | <i>Invertebrate</i> | Animals which do not have a backbone or spine including jelly fish, earthworms and tarantulas. 97% of animals are invertebrates. |
| 3 | <i>Organ</i> | A group of tissues that has a specific and vital function e.g. brain, lungs, liver, stomach, heart. |
| 4 | <i>Muscle</i> | A band or bundle of fibers that can contract and relax to allow the body to move. Muscles work in pairs to move a joint. One muscle contracts whilst the other relaxes . There are over 650 muscles in the human body. |
| 5 | <i>Bone</i> | Hard whitish tissue which make up the human skeleton. Bones provide support for the body and protect vital organs. There are 206 bones in the human body. |
| 6 | <i>Joint</i> | Where two or more bones join together. Skeletons bend at joints such as knees and ankles. |
| 7 | <i>Blood</i> | Red liquid which carries oxygen to and carbon dioxide from tissues in the body. Water and nutrients are also transported via blood. |
| 8 | <i>Heart</i> | A muscular organ that pumps blood around the body to and from tissues. |
| 9 | <i>Lungs</i> | Pair of organs within the ribcage where oxygen is added to the blood and carbon dioxide is removed. |

Examples of food groups needed for a balanced diet:



| | Term | Definition |
|---|---------------------------|--|
| 1 | <i>Arteries</i> | Muscular tubes that transport blood away from the heart to other parts of the body. Type of blood vessel. |
| 2 | <i>Veins</i> | Tubes that carry blood towards the heart once oxygen is transported to muscles. Type of blood vessel. |
| 3 | <i>Vitamin</i> | Substance essential for maintenance of life and growth. |
| 4 | <i>Nutrient</i> | |
| 5 | <i>Hydration</i> | Ensuring the body has enough water. |
| 6 | <i>White blood cell</i> | Type of blood cell that fights infection. |
| 7 | <i>Red blood cell</i> | Type of blood cell that carries oxygen around the body. |
| 8 | <i>Circulatory System</i> | Combination of heart, blood and blood vessels that transport blood around the body. |

