

Vocabulary

Seven nutrients	Carbohydrates, protein, fat, minerals, vitamins, fibre, water
Healthy diet	Balance of seven nutrients
Nutritional deficiency	Not enough of a nutrient in your diet
Circulatory system	The heart, the blood, the blood vessels system
Drug	Chemical that has an effect on the body
Medicine	A drug used to treat illness
Addictive	You feel you can not stop using something
Symptoms	How an illness makes you feel
Alcohol	An addictive drug in beer in wine
Nicotine	An addictive drug in cigarettes

Medicine

Use

Painkillers	Help symptoms of illness
Antibiotics	Kill bacteria
Anaesthetics	Temporary loss of sensations

Nutrient

Food found in

Carbohydrates	Release energy for your body to use
Protein	Used for growth and repair
Fat	Protect organs, store energy and keep you warm
Minerals	Small amounts keep you healthy
Vitamins	Small amounts keep you healthy
Fibre	Keeps food moving through your gut
Water	Essential for body processes and systems

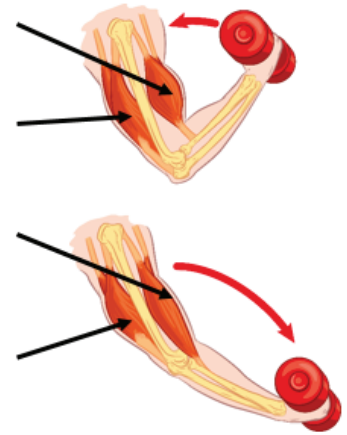
Antagonistic muscle pair

Muscle contracts – pulls on bone

Other muscle relaxes

Muscle relaxes

Other muscle contracts – pulls on bone



Effects of drugs



Smoking → cough → Lung disease



Alcohol → Calm, sleepy → Liver disease