

## The Human Body: Building Blocks & Nutrition Vocabulary

**Nutrition:** the act or process of eating and using the nutrients in food for living and growing

**Nutritionist:** people who help others find the right nutrition for their body

**Systems:** the human body is made up of different systems that work together

**Cells:** your body made up of cells that are so small that they must be viewed through a microscope

**Nourish:** to supply with food needed for life and growth

**Liver:** located in your abdomen and is one of your most important organs it cleans the blood, stores energy and nutrients, makes bile, and helps the body digest fats

**Kidney:** one of a pair of organs in the body which remove water and waste products from the blood

**Saliva:** a liquid produced by glands in the mouth that helps us to chew and digest food

**Intestines:** Are your large and small intestines both part of the same long tube

**Absorb:** soak up

**Bladder:** an organ that collects liquid waste until they are ready to leave the body

**Carbohydrates:** the main energy source for the body

**Minerals:** a substance that we sometimes need in our body; for example, milk provides calcium, an important mineral for the body

**Essential:** necessary; needed

**Moderation:** not too much, not too little – this amount is just right