

The Fit Factor Key Vocabulary

- nutrition
- drugs
- medicines
- proteins
- carbohydrates
- fibre
- dairy
- fats
- skeleton
- names of main bones in the human body
- names of organs
- muscles
- joints
- veins
- tendons
- pulse rate
- digestive -system
- bacteria

Can you find out what these words mean? Use the non-fiction texts to help



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