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| **Vocabulary Dozen** | | **Healthy Humans** | | **Animals including humans** |
| **healthy** | in a good physical and mental condition | |  |  |
| **nutrients** | substances that animals need to stay alive and healthy | |
| **energy** | strength to be able to move and grow | |
| **saturated fats** | types of fats, considered to be less healthy, that should | |
| **unsaturated fats** | fats that give you energy, vitamins and minerals | |
| **vertebrate** | animals with backbones | |
| **invertebrate** | animals without backbones | |
| **muscles** | soft tissues in the body that contract and relax to cause movement | |
| **tendons** | cords that join muscles to bones | |
| **joints** | areas where two or more bones are fitted together | |