

Animals

# Animals

Animals are living things



Eating

# Eating

Eating (also known as consuming) is the ingestion of food.



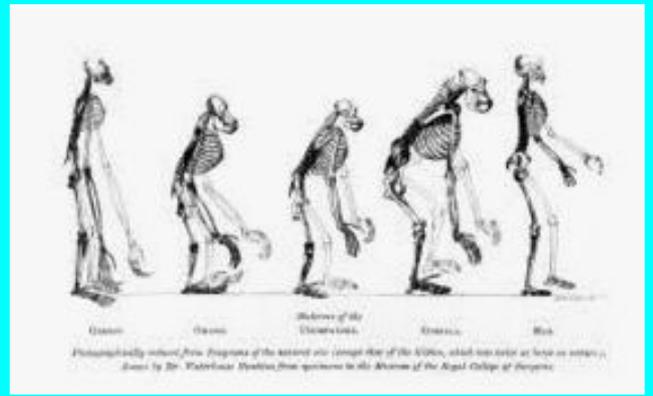
Fruit and vegetables



# Fruit and vegetables

A fruit is a seed-bearing structure that develops from the ovary of a flowering plant, whereas vegetables are all other plant parts, such as roots, leaves and stems.

humans(homo sapiens)



# humans(homo sapiens)

A human is a member of the species Homo sapiens, which means 'wise man' in Latin.

Digesting

# Digesting

to break down or promote the breaking down of (food) into substances that can be absorbed by body tissues.



# Carbohydrates



# Carbohydrates

a substance (as a starch or sugar) that is rich in energy and is made up of carbon, hydrogen, and oxygen.

Nutrition



Drinking



# Drinking

to take (a liquid) into the mouth and swallow.

Dairy



# Dairy

a type of food produced from or containing the milk of mammals

Food



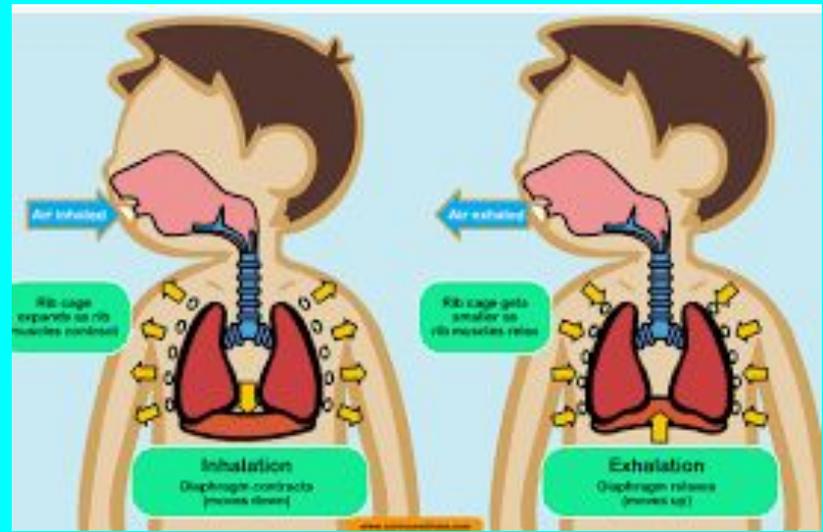
# Food

material containing carbohydrates, fats, proteins, and supplements (as minerals and vitamins) that is taken in by and used in the living body for growth and repair and as a source of energy for activities.

Breathing

# Breathing

to draw air into and expel it from the lungs



Proteins



# Proteins

Like carbohydrates and fats, proteins are considered a major nutrient for the body due to the energy (calories) they provide.

Water



# Water

a transparent, odorless, tasteless liquid, a compound of hydrogen and oxygen.

Vitamins



# Vitamins

substances that our bodies need to develop and function normally.

Fats

# Fats

fats are the major storage form of energy in the body.



Air



# Air

the mixture of gases that surrounds the earth. Air is made up of oxygen, nitrogen, and other gases, and has no taste, odor, or color.

# Minerals



# Minerals

inorganic substances, meaning that they do not come from an animal or a plant.

healthy

# Healthy

a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

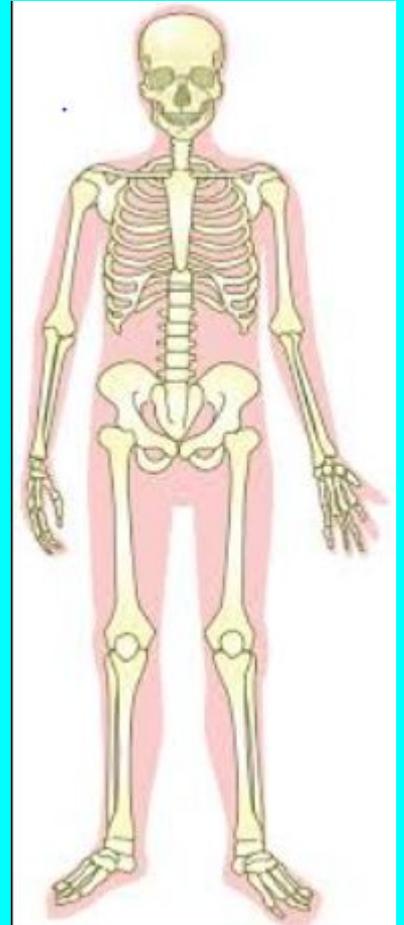


# HUMAN BODY FLASHCARDS

Skeleton

# Skeleton

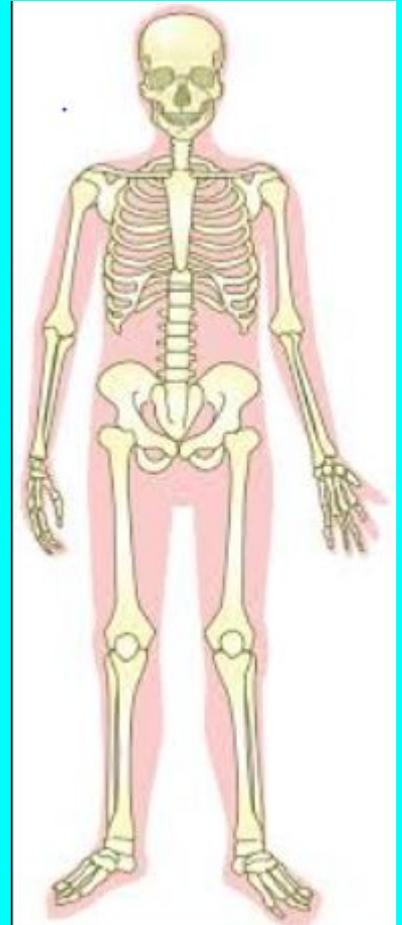
the inner framework of bones and cartilage in vertebrate animals



206 bones

# 206 bones

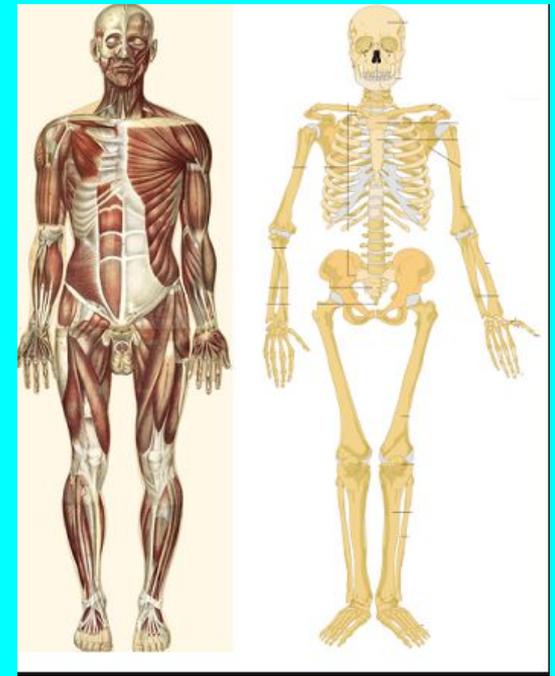
The human skeleton is made up of 206 bones, including bones of the: Skull – including the jaw bone. Spine – cervical, thoracic and lumbar vertebrae, sacrum and tailbone (coccyx) Chest – ribs and breastbone (sternum) Arms – shoulder blade (scapula), collar bone (clavicle), humerus, radius and ulna



Skeletal system

# Skeletal system

The bodily system that consists of the bones, their associated cartilages, and the joints.



Function

# Function

To work or operate in a proper or particular way.



Support



# Support

bear all or part of the weight of; hold up

Tendons

# Tendons

(or sinew) is a tough band of tissue that connects muscle to bone



Movement



# Movement

When the living organism moves a body part or parts to bring without a change in the position of the organisms.

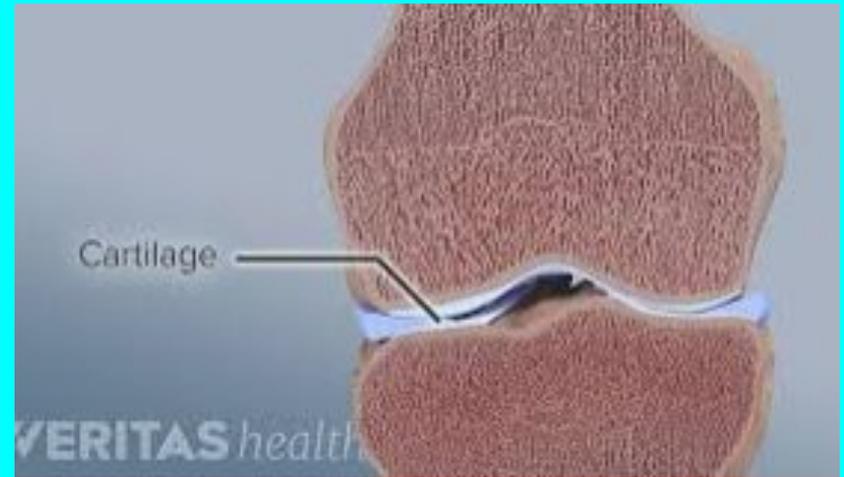
Ligaments



# Ligaments

bands of tough elastic tissue around your joints. They connect bone to bone, give your joints support, and limit their movement.

Cartilage



# Cartilage

a resilient and smooth elastic tissue, a rubber-like padding that covers and protects the ends of long bones at the joints and nerves

Endoskeleton



# Endoskeleton

An endoskeleton is an internal support structure of an animal.

Muscular system



# Muscular system

is an organ system consisting of skeletal, smooth and cardiac muscles.

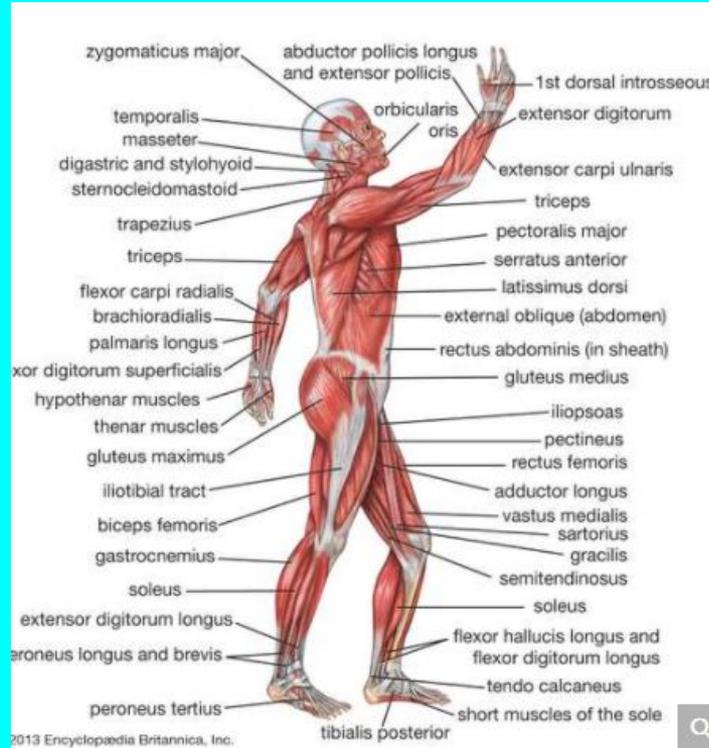
Exoskeleton



# Exoskeleton

An exoskeleton is the external skeleton that supports and protects an animal's body

650 muscles



650 muscles

Hydrostatic skeleton

# Hydrostatic skeleton

A hydrostatic skeleton is one in which the body's shape and/or function is maintained by an incompressible fluid such as blood or hemolymph.

Hydrostatic skeletons are primarily found in soft-bodied invertebrates such as earthworms and jellyfish.



Relax and contract

# Relax and contract

stretching uses one of the simplest reflexes in the human body to give you a deeper stretch. ... Your body knows that when a muscle on one-side of the joint is contracting (shortening) the other side of the joint needs to relax (lengthen) to allow this motion to occur

