

# 8<sup>th</sup> Grade Science

## Human Body Systems & Health Book

### Chapter Seven: Staying Healthy (pg 154-159)

For each word listed below, write the word on a piece of notebook paper, underline the word and then write the definition after the word. (Students are encouraged to take the definition from the actual text because that is the definition that will be used on quizzes and tests).

Nutrients	calories	carbohydrate
simple carbohydrate		
Complex carbohydrate		proteins
amino acids		Complete proteins
incomplete proteins		fats
saturated fats		Unsaturated fats
minerals		vitamins
malnutrition		Anorexia nervosa
Bulimia nervosa		obesity