



Glossary

- balanced** In proportion with the correct amounts of each
- diet** The usual food and drink of a person or animal
- illness** A sickness or disease
- Immune system** The bodily system of organs, tissue and cells that protects the body from illness
- medication** A medicine to treat illness
- menstruation** The monthly shedding of blood and tissue from the lining of the uterus
- puberty** When the body physically develops and changes from a child to an adult
- reproduction** The process where living creatures produce offspring
- vaccination** The giving of a vaccine to help the body develop immunity towards a disease

