

## Nutrition

- **Definition:** Nutrition is a process. It is how food affects the health of the body. Food is essential—it provides vital nutrients for survival, and helps the body function and stay healthy.
- **Human body systems:** circulatory system, respiratory system, digestive system and excretory system.
- **Organs:**
  - Lungs: provide oxygen to blood
  - Heart: circulates blood throughout the body
  - Stomach: helps digest food
  - Intestines: absorb nutrients from food
  - Liver: removes toxins from blood and processes nutrients from food
  - Kidneys: filter blood of waste and extra fluid

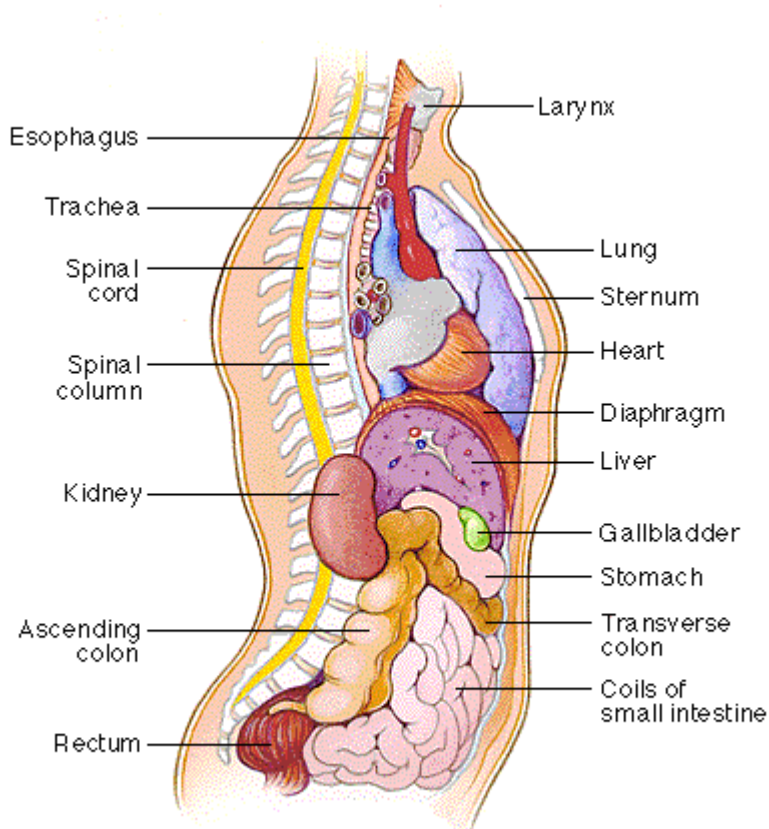


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