

Biology Bricks Keywords

What This is About

Please use this document to help further your knowledge, by printing out the keywords associated with the relevant page.

This document is set up for you to cut out the keywords (and laminate them if you think it will help), to be used as a quick guide reference for the subject matter that is included.

Warning

Please note: the keywords included in this document are those that link with the page subject matter. They may relate to other pages as well, but they are meant for the page that the link is provided from. Use them as a resource as you so wish.

Printing

Please feel free **not** to print this page of the document, it is merely a reference and information page.

Vitamin D

Vitamin D, which can be either in foods we eat, supplemented by tablet, or taken in by the sun, is essential for our skeleton to improve and maintain.



Calcium

Calcium, the best mineral that we know that can help our bones stay strong, is usually taken in by drinking milk, but other foods do contain it.



Vitamin K

Vitamin K helps our bones' health, and helps us to form blood clots. Foods such as green leafy vegetables and fermented products.



Foods

There are many good foods we can eat to help our skeleton. Foods such as eggs, milke, tofu, seeds, nuts, raisins, beans, green vegetables and meat.



Minerals

We have a variety of essential minerals that we need to intake in order to keep our bones healthy. They are in the foods we consider healthy.



Skeleton

Our skeleton needs food, just as much as we do. Without healthy all-round foods eaten daily, our skeleton would not be strong and healthy.

