

Quest to Digest

VOCABULARY

| Word | Student-friendly definition |
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| digest | when your body breaks down food to use it |
| energy | what your body uses to play, move, and think |
| fuel | something that gives power to move or work |
| germ | a tiny thing that can make you sick |
| hydrate | when you give your body the water it needs |
| nourish | when you help your body grow and stay healthy |
| protein | a part of food that helps you grow strong |
| quest | a big trip or adventure to find something |