

## Chapter 1 & Chapter 2

### **Definitions:-**

- 1. Nutrients:** - Substances derived from food that helps the human body to grow.
- 2. Balanced diet:** - A diet that contains all the five nutrients in the right proportion.
- 3. Bones:** - Bones are living and growing tissues made of three layers.
- 4. Collagen:** - Collagen is a protein of which bones are made of.
- 5. Femur:** - The largest bone in the human body is called Femur or thigh bones
- 6. Stapes:** -The smallest bone in the body found in internal ear.
- 7. Joint:** - The point at which the two bones meet is called a joint.
- 8. Ligament:** - It is a set of flexible and fibrous tissue that helps to hold the joints together.
- 9. Tendon:** - A flexible inelastic tissue that joins bones to the muscles is called tendon.
- 10. Cartilage:** - A connective tissue found in the joints which gives a gel like padding to the joints.
- 11. Voluntary muscles:** - Muscles that can be controlled according to our free will, e.g. muscles in our legs, arms, tongue, etc.
- 12. Smooth muscles:** - The muscle found in the walls of the internal organs like uterus and digestive track are called smooth muscles.

**13. Cardiac muscles:** - Muscles found in the heart are called cardiac muscles. They are involuntary in nature.

**14. Contraction:** - The process of becoming shorter and bigger is called contraction.

**15. Immovable joints:** - The joints of the body that show little or no movement.