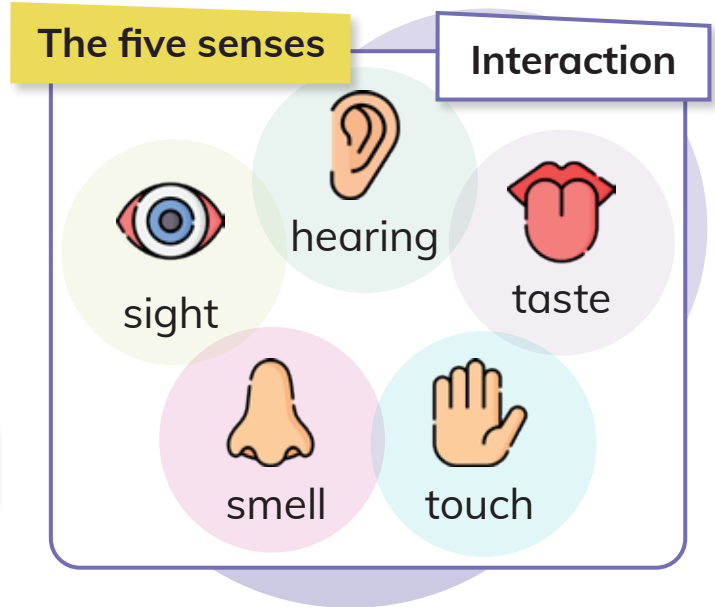


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THE HUMAN BODY

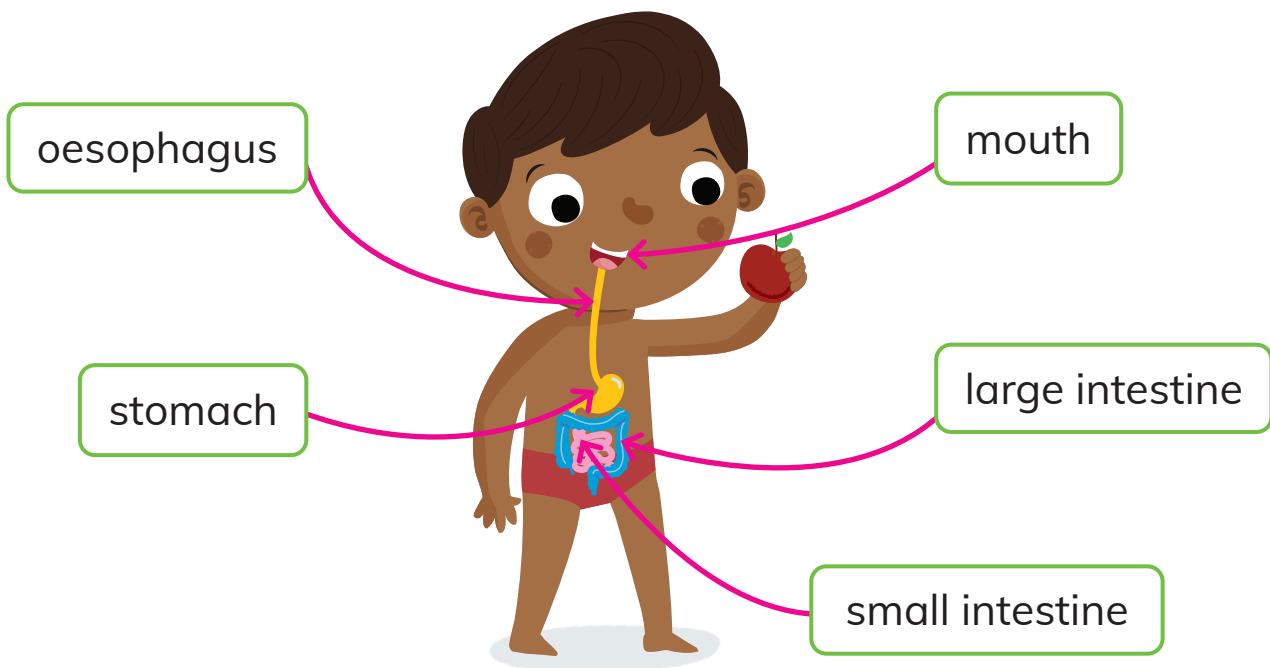
THE VITAL FUNCTIONS

Living things perform **three vital functions**.



THE DIGESTIVE SYSTEM

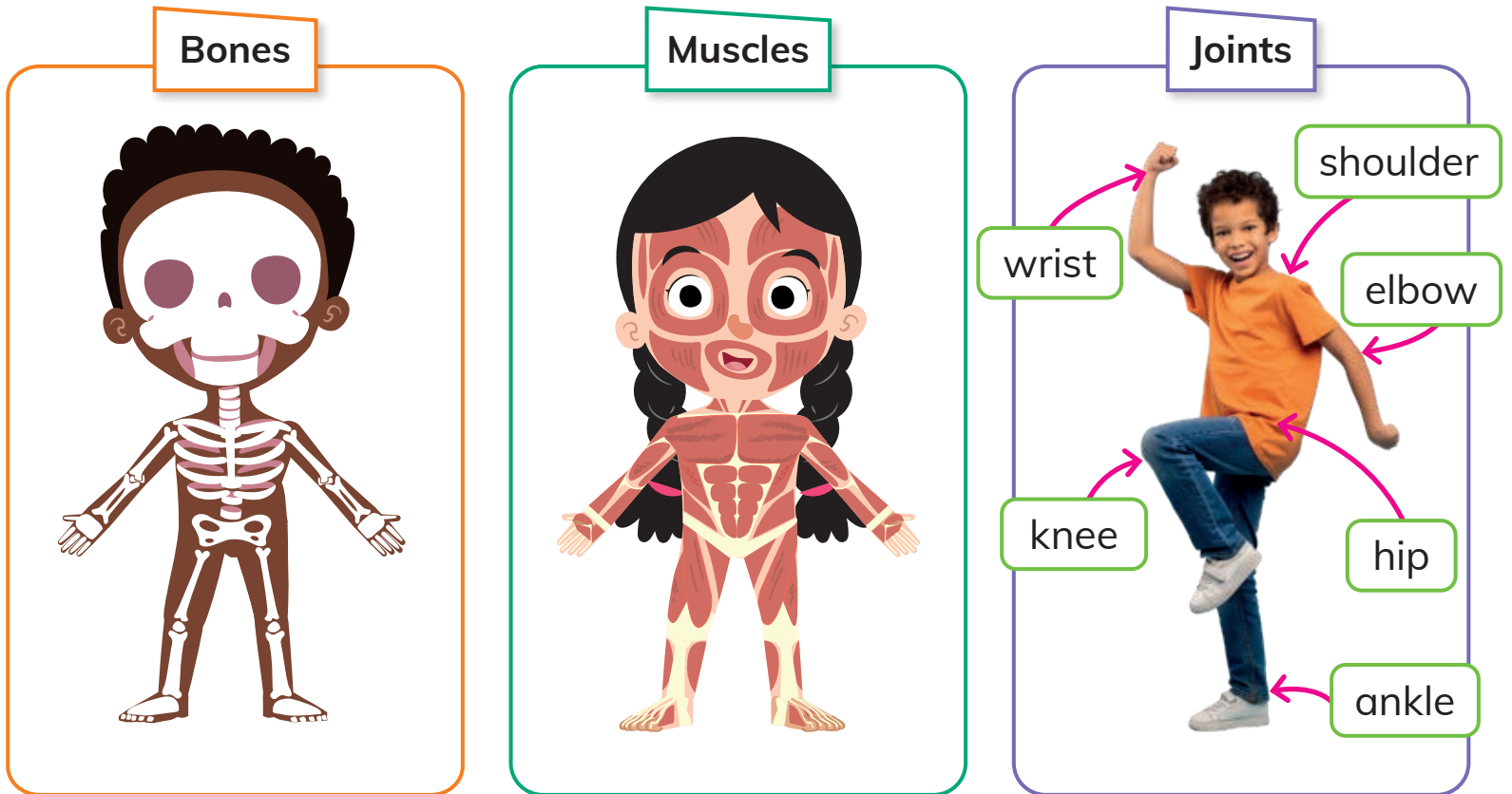
The **digestive system** absorbs nutrients from the food we eat.



THE LOCOMOTOR SYSTEM

The **locomotor system** helps our body move.

Bones, muscles and joints are part of the locomotor system.



HEALTHY HABITS

It's important to eat **healthy food**, drink **water**, do **exercise**, have good **hygiene** and sleep.



food and drink



exercise



hygiene



sleep