

Vocabulary you will know...

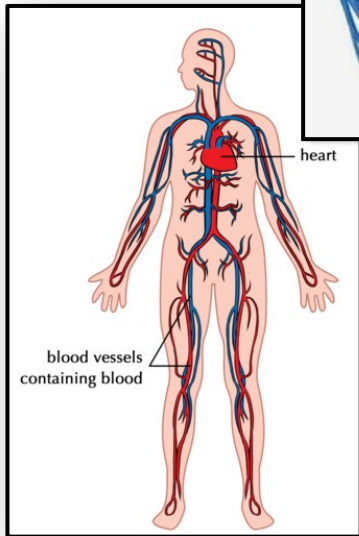
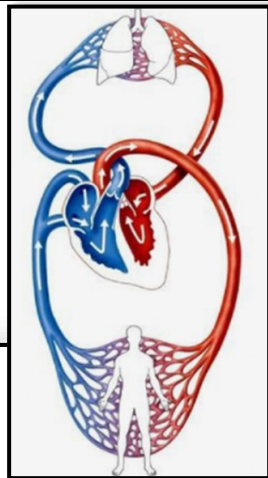


Heart	Organ that sends blood around the body.
Pulse rate	The regular beating of the heart.
Blood vessels	Tubes through which blood flows around
Lungs	Organ in the chest with which humans and some animals breathe.
Oxygen	Gas needed by animals and humans to live
Circulatory System	A system which includes the heart, veins, arteries and blood transporting substances around the body.

Vocabulary you will hear ...



Nutrients, Muscles, Transported, Carbon dioxide



Important People



Santorio Santorio



Dr. Kat Dibb

Diet and Exercise

A healthy diet involves eating the right types of nutrients in the right amounts.. For your body to work properly , it needs a balanced diet, exercise and enough sleep.

Regular exercise strengthens muscles including the heart muscle, improves circulation, increases the amount of oxygen around the body, helps you sleep more easily and strengthens bones.

Key Learning

- The circulatory system is made up of 3 parts: the heart, blood vessels and blood itself.
- Human circulatory system uses the heart to pump blood in the blood vessels carrying oxygen, water and nutrients to where it is needed in the body and releases collected carbon dioxide from the lungs.
- The heart pumps blood to the lungs to get oxygen. It then pumps the oxygenated blood around the body. The blood that has come from the body is deoxygenated.
- Diet, exercise and lifestyle have an impact on the way our bodies function. They can affect how well out heart and lungs work, how likely we are to suffer from conditions such as diabetes, how clearly we think, and generally how fit and well we feel.



Quiz Corner



1. What are the three main parts of the circulatory system?
2. Can you describe the importance of the heart in the circulatory system?
3. How does diet, exercise and lifestyle impact the function of our bodies?
4. Describe how oxygenated and deoxygenated blood works.