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| **Key Information** | **Key Diagrams** | **Subject Specific Vocabulary** |
| * Your heart will beat about 115,000 times each day. Your heart pumps about 2,000 gallons of blood every day.
* The entire trip around your body only takes blood about 20 seconds in total. Blood is what is used to transport oxygen, waste, nutrients, and more throughout the body.
* The circulatory system includes the heart, blood vessels and blood, and is vital for fighting diseases and maintaining proper temperature.
* Because your heart is crucial to your survival, it’s important to keep it healthy with a well-balanced diet and exercise, and avoiding things that can damage it, like smoking.
* Your heart affects every part of your body. That also means that diet, lifestyle, and your emotional well-being can affect your heart.
 | **The Heart****Blood****William Harvey (1578-1657)**He was the first person to accurately describe the function of the heart and the circulation of blood around the body. | **heart** | A strong muscle in the chest protected by the ribs, that pumps blood around the body. |
| **capillaries** | Microscopic blood vessels found in the muscles and lungs. |
| **artery (arteries)** | The vessels that take blood away from the heart. |
| **veins** | The blood vessels that carry blood back to the heart. |
| **oxygenated blood** | Blood that is rich in oxygen. |
| **de-oxygenated blood** | Blood that contains very little oxygen. |
| **atrium** | The upper right and left chambers of the heart. |
| **ventricles** | The lower right and left chambers of the heart. |
| **drugs** | A drug is a chemical that is not food and that affects your body. Some drugs are given to people by doctors to make them healthy. |
| **pulse** | Your heart has to push so much blood through your body that you can feel a little thump in your arteries each time the heart beats. |
| **blood vessels** | Blood vessels are a series of tubes inside your body. They move blood to and from your heart. |