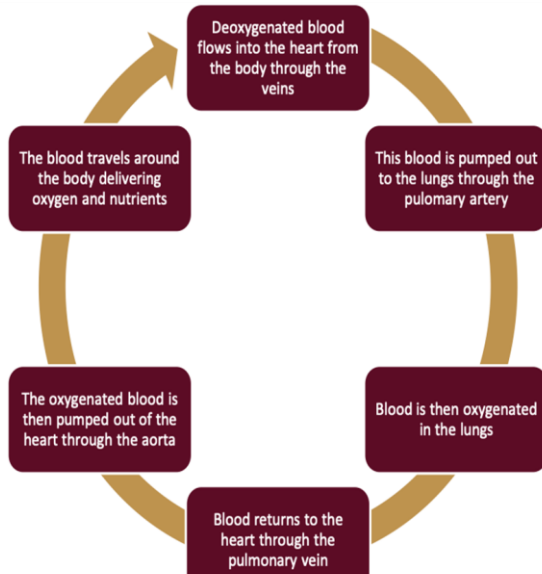


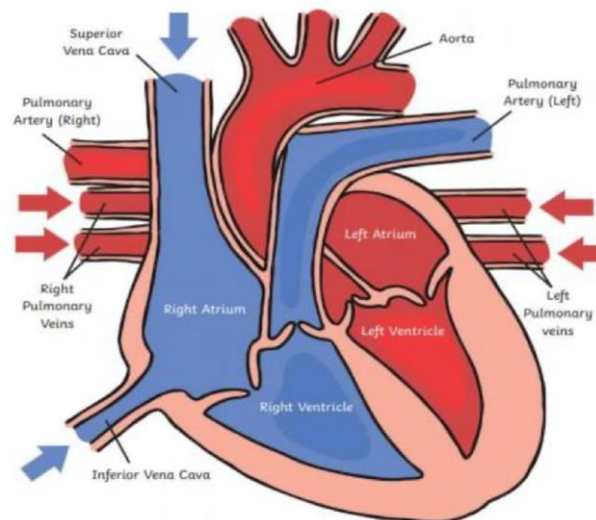
Vocabulary

Heart: Organ in the chest that pumps blood around the body **Blood Vessels:** Narrow tubes through which blood flows (includes arteries, veins and capillaries) **Veins:** Blood vessels that carry blood to the heart. **Arteries:** Blood vessels that carry blood away from the heart. **Oxygenated:** Containing lots of oxygen **Deoxygenated:** Depleted of oxygen. **Carbon Dioxide:** A gas produced by animals breathing out.

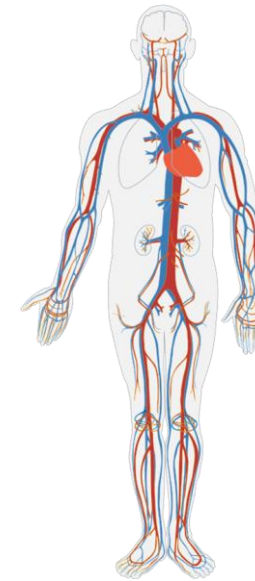
The Function of the Heart



Structure of the Heart



Circulatory System



Diet and Lifestyle

- Fatty rich foods can clog arteries and veins preventing blood from delivering what is needed
- Exercise can improve the health of a person by removing fatty deposits from the body.
- Some exercises are called cardiovascular and are designed to improve the fitness of the overall circulatory system.

Smoking

When a person smokes there is less oxygen in their blood, so the heart starts to beat faster to move oxygenated blood around the body. This means the heart is working harder than normal.

The poisons in cigarettes can also cause problems for the lungs, as simple as a cough or serious as cancer.