

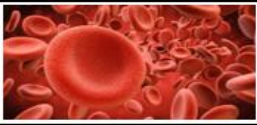
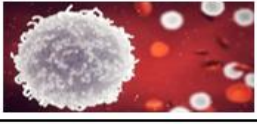
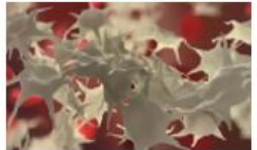


Animals Including Humans

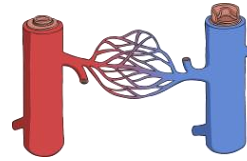
Key Vocabulary

circulatory system	your heart and blood vessels
heart	the part that pumps blood around your body
pulse	the movement of blood that you can feel in your wrists or neck
villi	structure in the small intestine which help to absorb nutrients
nutrients	substances that living things need to keep healthy and grow well
kidneys	the part that takes waste out of the blood and makes urine (pee)
liver	the part that takes toxins out of the blood
drug	a substance that changes the way your body works
alcohol	a drug found in adult drinks
toxins	a natural poison produced by organisms

Cells

red blood cells	carries oxygen through a body	
white blood cells	fights infections when you are sick	
plasma	helps to stop bleeding when you get hurt	

Blood

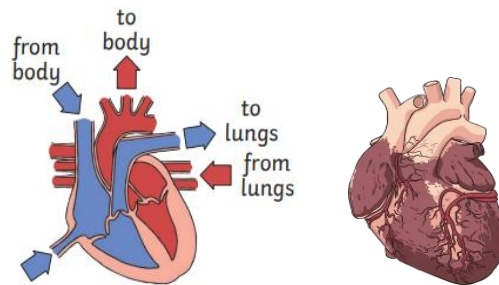


Blood transports gases (mostly oxygen and carbon dioxide), nutrients (including water) and waste products around the body.

- * Arteries carry oxygenated blood away from the heart.
- * Veins carry de-oxygenated blood towards the heart.
- * Capillaries are the smallest blood vessels in the body and it is here that the exchange of water, nutrients, oxygen and carbon dioxide takes place.

The Heart

The heart pumps blood to the lungs to get oxygen. It then pumps this oxygenated blood around the body.



Healthy Bodies

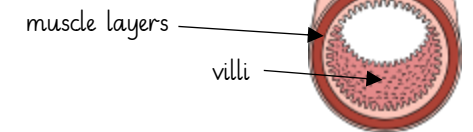
Regular exercise strengthens muscles including the heart muscle; improves circulation; increases the amount of oxygen around the body; releases brain chemicals which help you feel calm and relaxed; helps you sleep more easily; and strengthens bones.

A healthy diet involves eating the right types of nutrients in the right amounts.

Drugs, alcohol and smoking have negative effects on the body.

Inside the Small Intestine

Nutrients pass through the villi and are absorbed into the blood vessels. Water is absorbed in the small intestine in exactly the same way as other nutrients.



Gas Exchange

Gas exchange takes place in the alveoli in the lungs.

