



# Science – Animals, including humans



## Concept – Getting nutrition to your cells

### Vocabulary

- **circulatory system:** A system which includes the heart, veins, arteries and blood transporting substances around the body.
- **heart:** An organ which constantly pumps blood around the circulatory system.
- **blood vessels:** The tube-like structures that carry blood through the tissues and organs. Veins, arteries and capillaries are the three types of blood vessels.
- **oxygenated blood:** Oxygenated blood has more oxygen. It is pumped from the heart to the rest of the body.
- **deoxygenated blood:** Deoxygenated blood is blood where most of the oxygen has already been transferred to the rest of the body.
- **drug:** A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.
- **nutrients:** Substances that animals need to stay alive and healthy.

Lesson 1 – Can I explain how nutrients affect the human body?

Lesson 2 – Can I describe the function of the heart, blood vessels and blood?

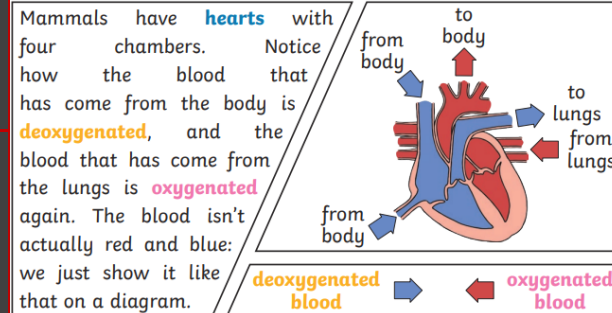
Lesson 3 – Can I explain how the circulatory and respiratory systems function?

Lesson 4 – Can I investigate heart rates?

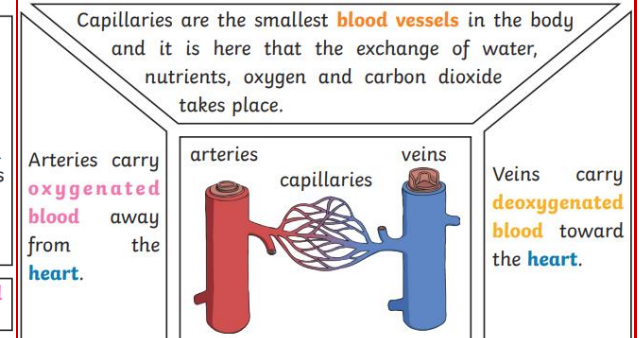
Lesson 5 – Can I describe the impact of exercise and diet?

Lesson 6 – Can I explain the impact of drugs and alcohol?

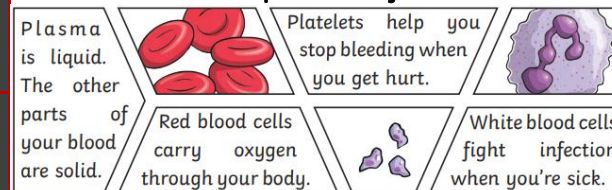
### The Heart:



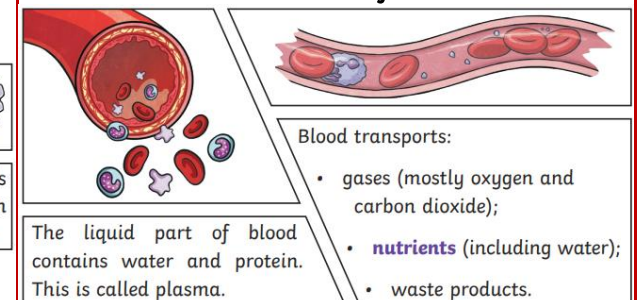
### Blood Vessels:



### The Composition of Blood:



### The Functions of Blood:



### 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;
- strengthens bones.



### Diet, Drugs and Alcohol

