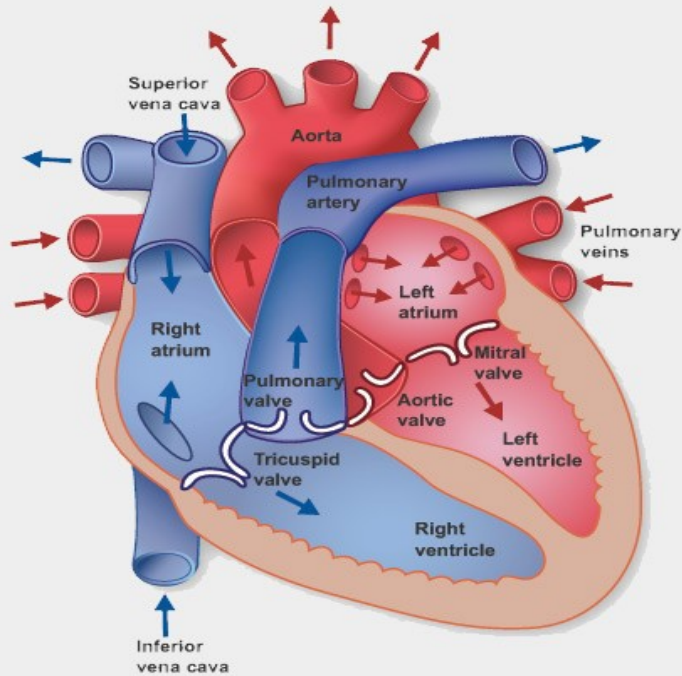


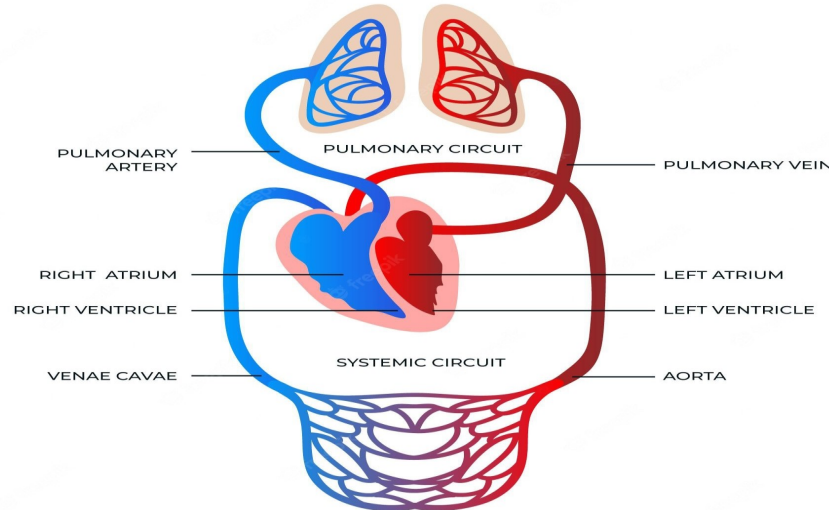
Year 6: Animals including humans

KEY VOCABULARY

The Heart



The Circulatory System



1. The heart pumps blood to the lungs where it picks up oxygen. It is then returned to the heart.
2. The heart then pumps the oxygenated blood to the rest of the body through arteries.
3. Veins are vessels that bring blood back to the heart.



Arteries: tubes in your body that carry oxygenated blood from your heart to the rest of your body.



Blood vessels: Narrow tubes that your blood flows through.



Circulatory System: The system that contains the heart and the blood vessels and moves blood throughout the body.



Deoxygenated: Blood that does not contain oxygen.



Oxygenated: Blood that does contain oxygen.



Pulse: The regular beating of blood through your body that can be felt as a little thump in your arteries each time the heart



Respiration: Inhaling (breathing in) oxygen rich air and exhaling (breathing out) carbon dioxide.



Veins: A tube in your body that carries deoxygenated blood to your heart from the rest of your body.



Nutrition: The study of food and how it works in your body.

Healthy Lifestyle:

Diet

A healthy, balanced diet means you are less prone to chronic illnesses



Exercise

Muscles need more oxygen—breathe quicker, to help our lungs to take in more oxygen.

Heart needs to pump blood quickly to get all of the oxygen around the body—heart rate increases.



Drugs

A drug is a chemical that has an effect on your body. Some drugs are prescribed by doctors to make people healthy. Other drugs can have a dangerous effect on our health.



Transportation of water in the body:

Rehydration – water is drunk through the mouth.

Absorption – water is absorbed by the intestines and is carried in the bloodstream.

Transportation – water is taken in blood to different parts of the body.

Excretion – waste water is passed out as urine.