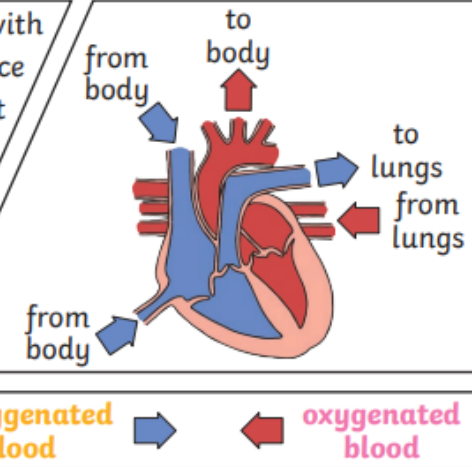




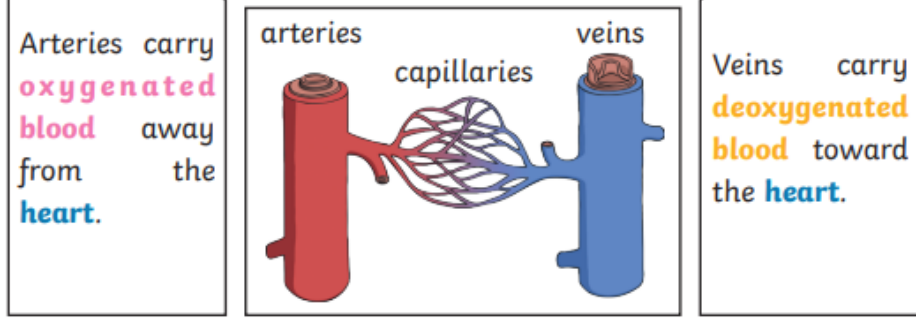
Key Vocabulary	
circulatory system	A system which includes the heart, veins, arteries and blood transporting substances around the body.
heart	An organ which constantly pumps blood around the circulatory system .
blood vessels	The tube-like structures that carry blood through the tissues and organs. 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.

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

Mammals have **hearts** with four chambers. Notice how the blood that has come from the body is **deoxygenated**, and the blood that has come from the lungs is **oxygenated** again. The blood isn't actually red and blue: we just show it like that on a diagram.



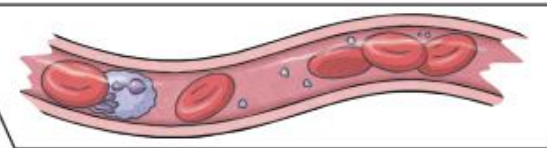
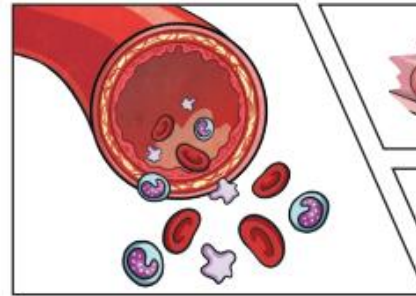
Capillaries are the smallest **blood vessels** in the body and it is here that the exchange of water, nutrients, oxygen and carbon dioxide takes place.



If you linked up all of the body's blood vessels, including arteries, capillaries, and veins, they would measure over 60,000 miles.



Key Vocabulary	
drug	A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.
alcohol	A drug produced from grains, fruits or vegetables when they are put through a process called fermentation.
nutrients	Substances that animals need to stay alive and healthy.



Blood transports:

- gases (mostly oxygen and carbon dioxide);
- **nutrients** (including water);
- waste products.

The liquid part of blood contains water and protein. This is called plasma.

Plasma is liquid. The other parts of your blood are solid.		Platelets help you stop bleeding when you get hurt.	
	Red blood cells carry oxygen through your body.		White blood cells fight infection when you're sick.

Drugs, alcohol and smoking have negative effects on the body.	A healthy diet involves eating the right types of nutrients in the right amounts.

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.

It can even help to stop us from getting ill.

