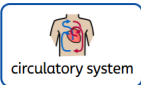



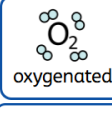


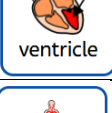
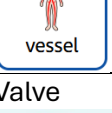

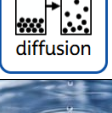

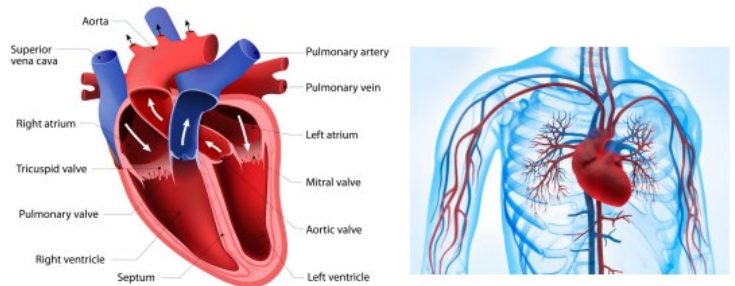


Key Vocabulary	
 circulatory system	The system that controls the flow of blood around the body
 BMP	Beats per minute measuring heart rate
 diet	The kind of food an animal usually eats
 pulse	The rhythmical throbbing of the arteries as blood is pumped through them
 oxygenated	Containing oxygen
 deoxygenated	Not containing oxygen
 atrium	The upper chambers of the heart
 ventricle	The lower chambers of the heart
 vessel	Tube which circulates the blood through the body
 Valve	Flaps which open and close to allow blood flow
 diffusion	Diffusion is the movement of all liquids and gases
 Osmosis	is the movement of water only



The Heart

The **heart** pumps **blood**, carrying nutrients and oxygen, around every part of the body.



The red vessels are **arteries** and the blue vessels are **veins**. **Arteries** have thick, muscular walls and carry **oxygenated** blood from the **heart** to the rest of the body. **Veins** carry **deoxygenated** blood back to the heart and have thinner walls. **Capillaries** are microscopic vessels which link the veins and arteries together.

COMPOSITION OF BLOOD

Red blood cells carry **oxygen**. **White blood cells** fight infection as part of the immune system. **Platelets** help to clot (thicken) the blood and form a scab. **Plasma** is the fluid part of the blood, which transports

Looking After Our Heart

- To keep our heart and body healthy, we need to:
- eat a balanced diet (not too much sugar or fat);
 - exercise regularly;
 - drink approximately 2 litres of water a day;
 - limit alcohol intake, in adults;
 - get approximately 8 hours of sleep.



Drugs, including alcohol, can cause liver damage, poor sleep, high blood pressure, and different types of cancer. Drugs can be classified into four groups – painkillers, stimulants, depressants and hallucinogens.