

### Key Vocabulary

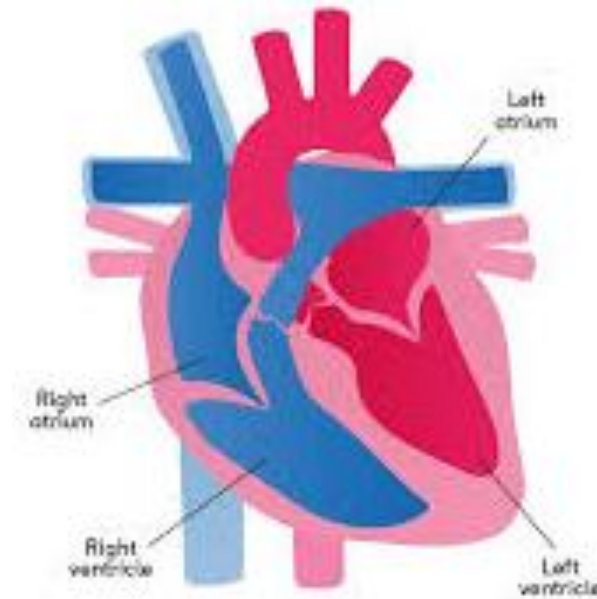
<b>Circulatory system</b>	A system which includes the heart, veins, arteries and blood transporting substances around the body.
<b>heart</b>	An organ which constantly pumps blood around the circulatory system.
<b>Blood vessels</b>	The tube-like structures that carry blood through the tissues and organs. Veins, arteries and capillaries are the three types of blood vessels.
<b>Oxygen blood</b>	Oxygenated blood has more oxygen. It is pumped from the heart to the rest of the body.
<b>Deoxygenated blood</b>	Deoxygenated blood is blood where most of the oxygen has already been transferred to the rest of the body.

### DID YOU KNOW?

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

### Deoxygenated VS Oxygenated

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.

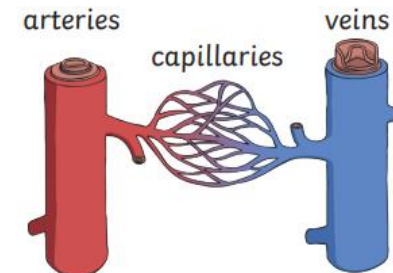


### BLOOD VESSELS

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.

### ARTERIES

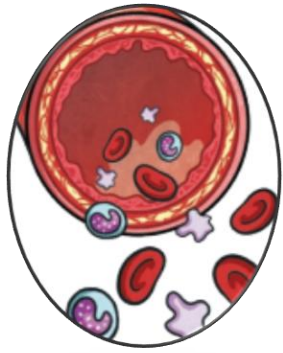
Arteries carry oxygenated blood away from the heart.



### VEINS

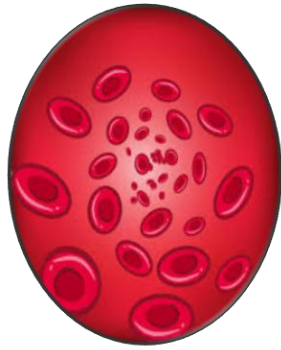
Veins carry deoxygenated blood toward the heart.

## Plasma



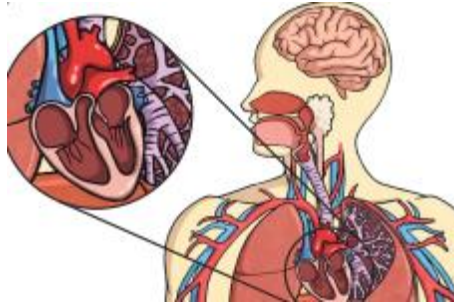
The liquid part of blood contains water and protein. This is called plasma.

## Blood



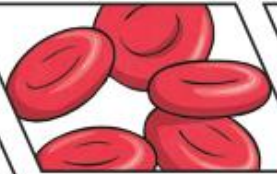
Blood transports:

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



## PLASMA AND PLATELETS

Plasma is liquid. The other parts of your blood are solid.



Red blood cells carry oxygen through your body.

Platelets help you stop bleeding when you get hurt.



White blood cells fight infection when you're sick.



## HEALTHY DIET:

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.



## DRUGS and ALCOHOL

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