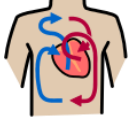






Our Bodies

Year 6 - Autumn

| | |
|--|--|
|  <p>Circulatory system</p> | <p>A system which includes the heart, veins, arteries and blood transporting substances around the body.</p> |
| <p>Heart</p>  | <p>an organ which constantly pumps blood around the circulatory system.</p> |
| <p>Blood vessels</p>  | <p>The tube-like structures that carry blood through the tissues and organs. Veins, arteries and capillaries are the three types of blood vessels.</p> |
| <p>Oxygenated blood</p> | <p>Oxygenated blood has more oxygen. It is pumped from the heart to the rest of the body.</p> |
| <p>Deoxygenated blood</p> | <p>Deoxygenated blood is blood where most of the oxygen has already been transferred to the rest of the body.</p> |
| <p>Nutrients</p> | <p>Substances that animals need to stay alive and healthy.</p> |
|  <p>Alcohol</p> | <p>A drug produced from grains, fruits or vegetables when they are put through a process called fermentation.</p> |
|  <p>Drug</p> | <p>A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.</p> |

Mammals have hearts with four chambers. Blood goes from the body into the heart deoxygenated and comes out of the heart to go around the body oxygenated. The heart pumps blood to the lungs to get oxygen. It then pumps this oxygenated blood around the body.

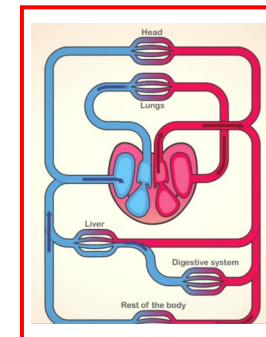
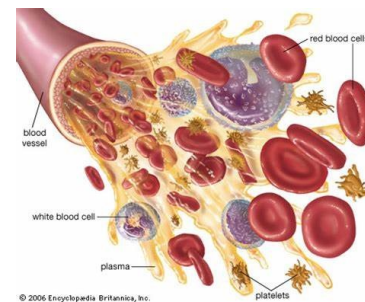
Capillaries are the smallest blood vessels in the body and it is here that the exchange of water, nutrients, oxygen and carbon dioxide takes place.

Arteries carry oxygenated blood away from the heart. Veins carry deoxygenated blood towards the heart.

Blood transports: gases (mostly oxygen and carbon dioxide), nutrients (including water) and waste products.

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

A healthy diet involves eating the right types of nutrients in the right amounts.



Blood is made up of different parts:

- ◇ Plasma is the 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.