

What should I already know?

- Basic parts of the digestive system
- Teeth and their function
- The different food groups
- How the skeleton and muscles provide support for the body

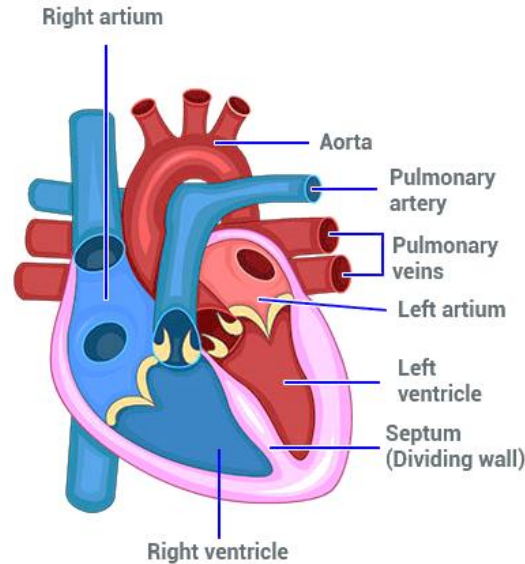
The Heart

The heart is made up of 4 chambers: the right and left ventricle and the right and left atrium.

The heart is a muscle that repeatedly contracts (beats) to pump blood around the body.

Deoxygenated blood is pumped from the heart to the lungs where it collects oxygen. This blood then travels back to the heart, where the now oxygenated blood is pumped around the body.

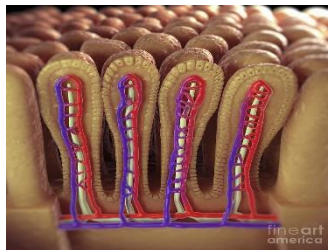
The blood that is pumped carries oxygen, water and nutrients all over the body. It also helps us to excrete waste products.



The absorption of nutrients

Nutrients from the food we eat are absorbed into the body through the intestines. Hair-like structures called villi line the intestines and this is where the nutrients are absorbed.

The blood helps to distribute these nutrients to where they are needed.



Healthy Choices

- A balanced diet should be consumed to ensure a variety of nutrients enter the body
- Exercise strengthens the muscles around the heart and increases your red blood cell count
- Drugs and alcohol have negative effects on the body
- Although some drugs may be prescribed from the doctor, warning labels should still be read carefully

Key Vocabulary

Circulatory system	The blood vessels, blood and heart transporting substances around the body.
Heart	An organ that constantly pumps blood.
Blood vessels	Arteries, capillaries and veins
Oxygenated blood	Blood full of oxygen returning from the lungs
Deoxygenated blood	Blood low in oxygen returning to the heart
Drug	Natural or man-made substance which has an effect on the body
Alcohol	A drug containing ethanol that people drink.
Nutrients	Substances that your body needs to stay alive and healthy.
Haemoglobin	The chemical in your red blood cells that helps them to absorb oxygen.