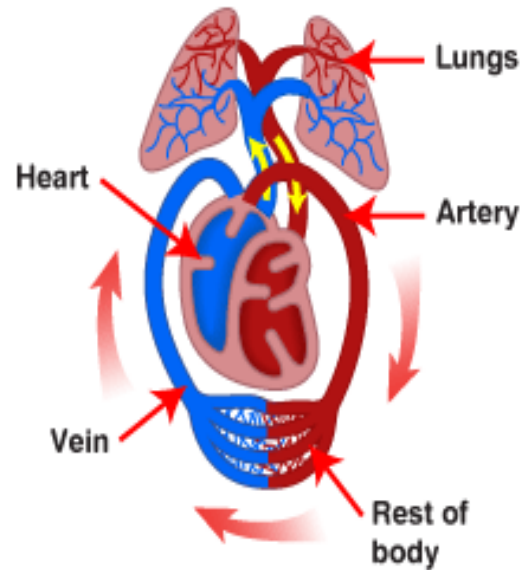
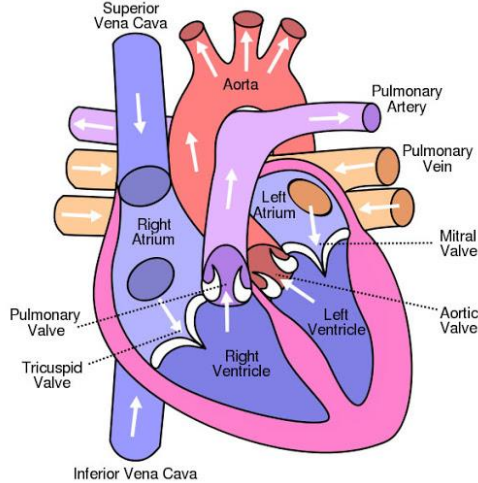


Animals Including Humans Knowledge Organiser



Key vocabulary

Circulatory system	A system which includes the heart, veins, arteries and blood transporting substances around the body.
The Heart	An organ which constantly pumps blood around the circulatory system
Pulmonary	Relating to the lungs
Alveoli	Tiny air sacs in the lungs where gas exchange takes place
Gas exchange	The process by which oxygen enters the bloodstream from the lungs and the lungs receive carbon dioxide from the blood to breathe out
Nutrients	Substances that animals need to stay alive and healthy
Plasma	The liquid part of blood containing water and protein.
Red blood cells	Carry oxygen throughout the body
White blood cells	Fight infection when you are unwell
Ventricle	Lower chambers of the heart
Atrium	Upper chambers of the heart

Love your heart

To make sure that your heart stays healthy, you must:

Exercise every day. As your heart is a muscle, you need to exercise it by making it work harder for at least 30 minutes a day.

Eat a **healthy** diet making sure it does not include too much fatty food which will block up the arteries with fat and your heart will have to work harder and harder just to do its regular job of pumping blood round your body. Include some red meat or beans for iron.

Drink lots of water every day rather than fizzy drinks.

Spend less time sitting still. Take a break while watching TV, playing computer games or doing your homework. Get up from your seat and move around.

Make good choices as you grow older especially around smoking and alcohol.