

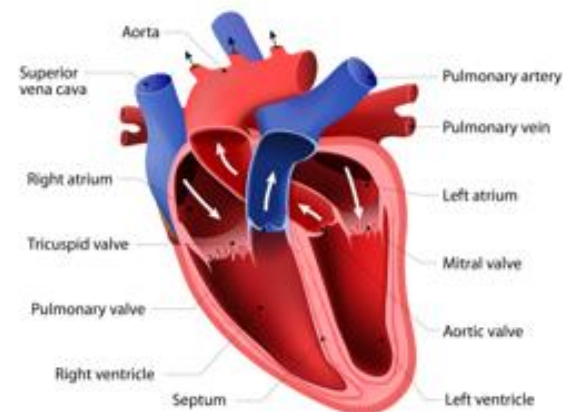
Key Vocabulary

WORD	DEFINITION
BPM	beats per minute measuring heart rate
circulatory system	the system that controls the flow of blood around the body
deoxygenated	not containing oxygen
diet	the kind of food an animal usually eats
diffusion	diffusion is the movement of all liquids and gases
osmosis	osmosis is the movement of water only
oxygenated	containing oxygen
pulse	the rhythmical throbbing of the arteries as blood is pumped through them
valve	flaps which open and close to allow blood flow
vessel	tube which circulates the blood through the body

Key Knowledge

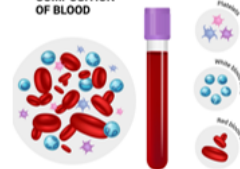
The Heart

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.