

### Vocabulary

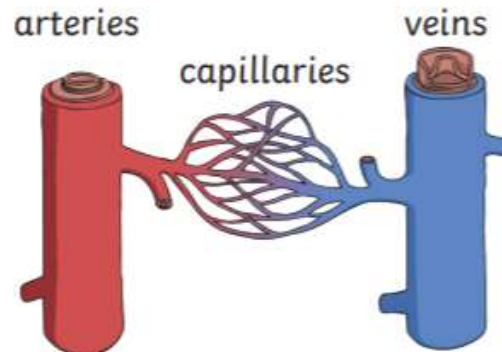
circulatory system	A system which includes the heart, veins, arteries and blood transporting substances around the body.
heart	An organ which constantly pumps blood around the circulatory system.
blood vessels	The tube-like structures that carry blood through the tissues and organs. Veins, arteries and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



*The heart pumps deoxygenated blood to the lungs to get oxygen. It then pumps this oxygenated blood around the body.*

### Circulatory System

veins	Tubes which carry mostly de-oxygenated blood around the body.
arteries	Tubes which carry mostly oxygenated blood around the body.
capillaries	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.



*Blood is not ever actually blue. We just use it in diagrams to show the different sections of the circulatory system.*

### Healthy Living

drug	A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.
alcohol	A drug produced from grains, fruits or vegetables when they are put through a process called fermentation.
nutrients	Substances that animals need to stay alive and healthy.

Drugs, alcohol and smoking have **negative impacts** on the body.



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



Regular Exercise can strengthen muscles (including the heart); improve circulation; increase amount of oxygen, help you sleep and even relax you!

Animals including Humans

