

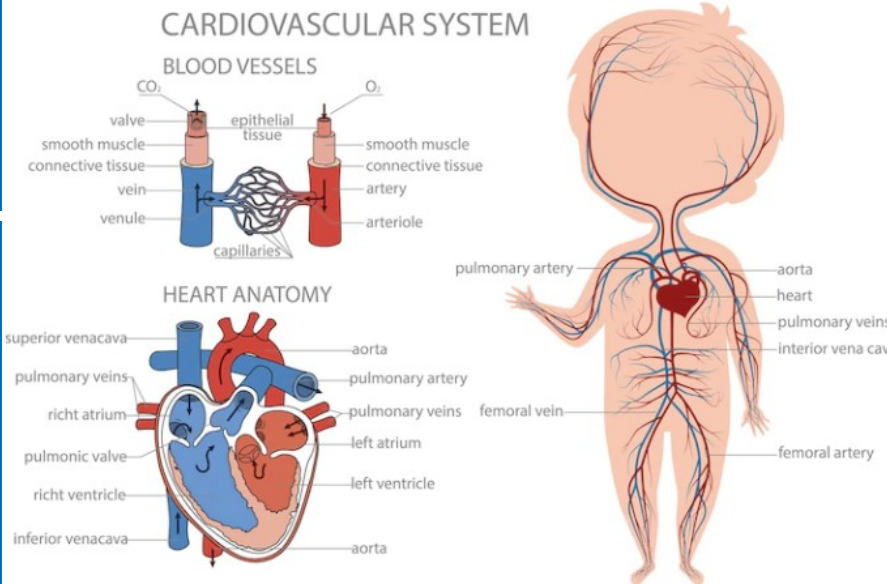


What I should already know

- Sticky knowledge from topics covered in Year 1, 2, 3, 4 and 5 animals including humans.

Working Scientifically

- How does your pulse change with exercise? What is the most efficient way of presenting this data?
- Which exercise produces the fastest pulse? How would you make this a fair test?



Sticky Knowledge

- There are five main food groups—carbohydrates, fruit and vegetables, protein and dairy and fats and sugars. Each should be eaten in proportion for a balanced diet. When food is digested within the digestive system, nutrients from food are absorbed and passed into the blood stream.
- The circulatory system then carries the blood to all the parts of the body it is needed. The two organs associated with the circulatory system are the heart and lungs.
- The heart is a muscle that pumps blood around the body so that oxygen in the blood can be delivered to the rest of the body. Arteries carry oxygenated blood from the heart to the rest of the body. Veins carry deoxygenated blood from the body to the heart.
- Exercise can tone muscles, reduce fat, increase fitness, strengthen the heart and improve lung function.
- Some choices, such as smoking and drinking alcohol can be harmful to our health. Tobacco can cause short-term effects such as shortness of breath and throat irritation and long-term effects such as lung disease and cancer. Alcohol can cause short-term effects such as addiction and loss of control and long-term effects such as organ damage and cancer.

Vocabulary

circulatory system	A system which includes the heart, veins, arteries and blood transporting substances around the body.
heart	The organ in your chest that pumps the blood around your circulatory system.
lungs	Inside your chest and fill with air when you breathe in. They oxygenate the blood and remove carbon dioxide from it.
arteries	Carries oxygenated blood from your heart to the rest of your body. Type of blood vessel.
veins	Carries deoxygenated blood to your heart from the rest of your body. Type of blood vessel.
capillaries	Tiny blood vessels in your body. Type of blood vessel.
oxygenated	Blood that contains oxygen. Pumped from the heart to the rest of the body.
deoxygenated	Blood that does not contain oxygen as it has already been transferred to the rest of the body.
blood vessels	The narrow tubes through which your blood flows.
drug	A substance containing natural or man-made chemicals that has an effect on the body when it enters your system.