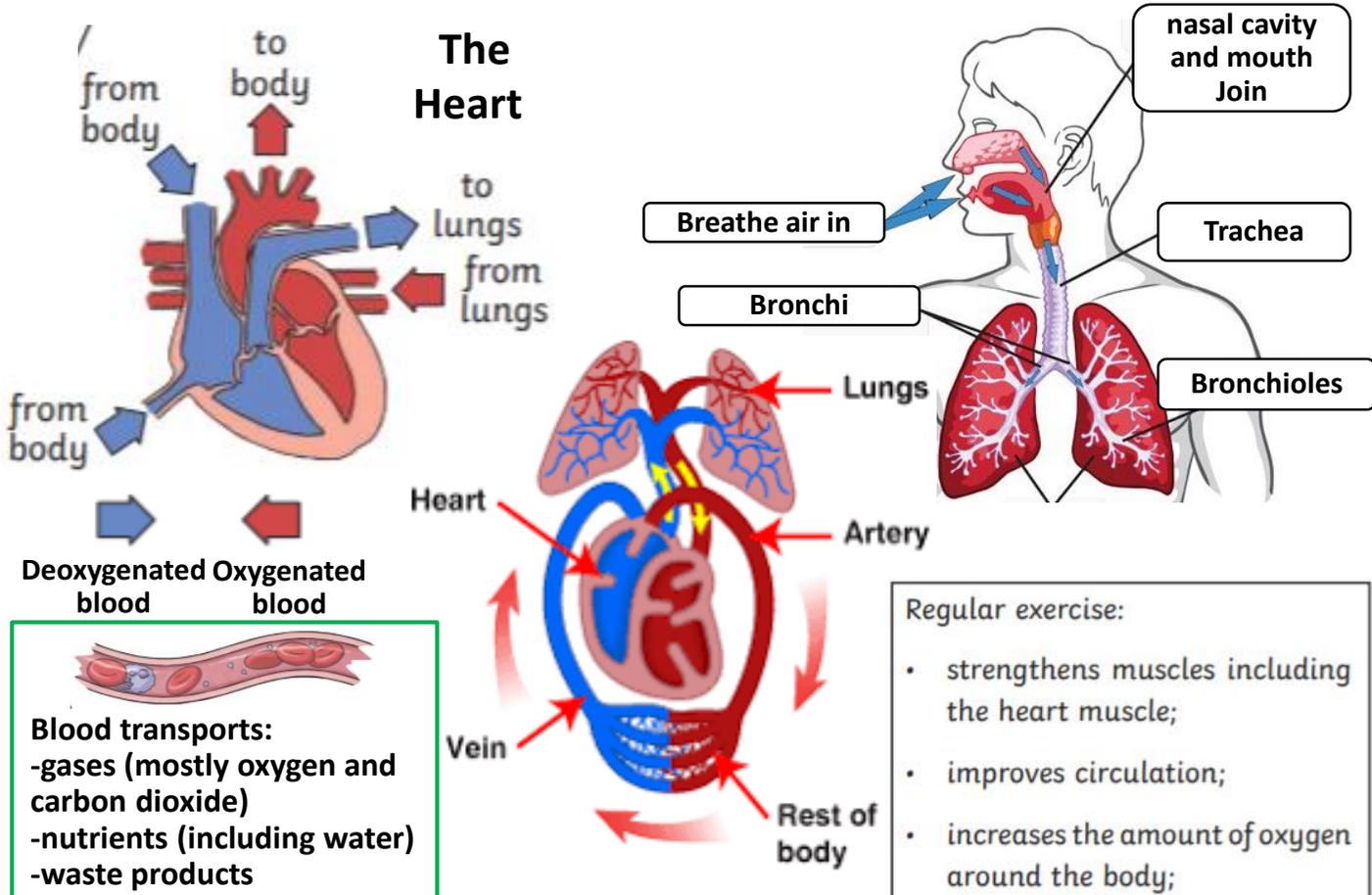


# year 6 – Animals Including Humans

## Key Facts



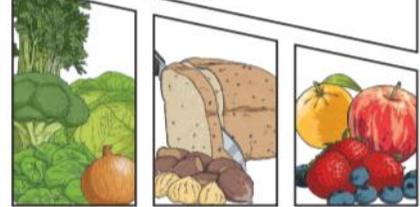
Deoxygenated blood      Oxygenated blood

**Blood transports:**  
 -gases (mostly oxygen and carbon dioxide)  
 -nutrients (including water)  
 -waste products

- Regular exercise:
- strengthens muscles including the heart muscle;
  - improves circulation;
  - increases the amount of oxygen around the body;
  - releases brain chemicals which help you feel calm and relaxed;
  - helps you sleep more easily;
  - strengthens bones.
- It can even help to stop us from getting ill.

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

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



## Key vocabulary

alcohol	A drug made from grains, fruit or vegetables when they are put through a process called fermentation.
arteries	Blood vessels that carry blood away from the heart.
blood vessels	narrow tube-like structures that carry blood through the tissues and organs. Arteries, veins and capillaries are the three types of blood vessels.
circulatory system	A system which includes the heart, veins, arteries and blood transporting substances around the body.
deoxygenated blood	Blood where most of the oxygen has been transferred to the rest of the body.
drug	A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.
heart	An organ of muscle, which constantly pumps blood around the circulatory system.
lungs	The two spongy organs in your chest with branches passages into which air is drawn so that oxygen can pass into the blood.
nutrients	A substance that provides the nourishment needed for life and growth.
oxygen	A colourless, odourless gas which is essential for cells in living things to produce energy and stay alive.
Oxygenated blood	Blood rich with oxygen. It is pumped from the heart to the rest of the body.
pulse	The rhythmical beat of the arteries as blood is propelled through them. Felt at the wrist, neck or thumb.
veins	Blood vessels which carry blood back to the heart