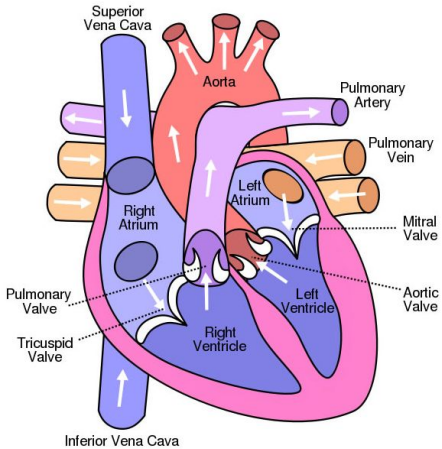


Essential Learning

- The circulatory system is made up of three main parts: heart, blood vessels and blood.
- The function of the system is to deliver oxygen, nutrients and water throughout the body. It also removes waste such as carbon dioxide.
- The heart pumps blood all around the body - it travels through the heart via veins and arteries.
- Blood is very useful and carries a huge amount - importantly oxygen and sugars around the body. It also picks up waste carbon dioxide.
- Sleep - it is essential your body has enough time to rest. As children (and soon to be teenagers), your body needs between 10-11 hours rest.
- Exercising regularly. You should aim for 30 minutes a day.
- Drinking enough water - 2 litres a day!
- Healthy diet - avoiding junk foods and eating lots of fruit and vegetables. High fats can cause veins and arteries to become clogged.
- Smoking can lead to tar build up in the lungs, and can damage healthy lungs.



What to talk to your child about:

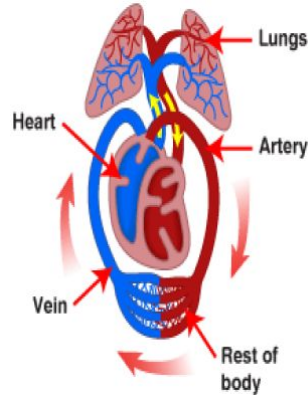
What are the three main parts of the circulatory system called?

What job does the circulatory system have?

What is the difference between a vein and an artery?

Which parts of the heart can you name? Do you know their jobs?

How do you keep your heart healthy?



Vocabulary

Blood	A fluid that transports oxygen and nutrients to the cells and carries away carbon dioxide and other waste products.
Blood vessels	The narrow tubes through which your blood flows. Arteries, veins and capillaries are blood vessels .
Breathe	The process by which oxygen is inhaled and carbon dioxide is exhaled.
Carbon dioxide	Is a chemical compound that is usually in the form of a gas .
Circulation	The flow of blood, oxygen and nutrients around your body via the circulatory system.
Diet	The sum of food consumed by a person or other organism.
Drugs	Substances 'which affect how you think, feel or behave'.
Exercise	A way of keeping the body healthy through being active.
Heart	The organ in your chest that pumps the blood around your body.
Lungs	Two organs inside your chest which fill with air when you breathe in. They oxygenate the blood and remove carbon dioxide from it.
Nutrients	Important substances you get from food that help your body survive and grow.
Oxygen	Is a colourless, odourless, tasteless gas essential to living organisms.
Respire	The act or process of breathing .
Respiration	Process of respiring; breathing ; inhaling and exhaling air.

