

1. Vocabulary

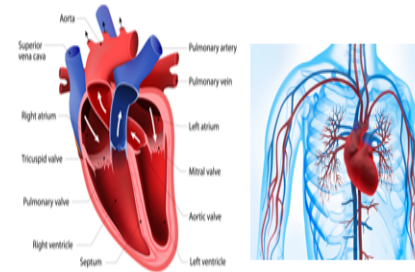
Red Blood Cell	A cell which carries oxygen around the body
White Blood Cell	A cell which helps the body to fight infection
Plasma	A pale yellow liquid which forms 55% of human blood and contains blood cells.
Platelets	A cell fragment in the blood that helps blood to clot and prevent blood loss.
Artery	A type of blood vessel that moves blood away from the heart and to the body
Vein	A type of blood vessel that transports blood from the body to the heart
Capillary	A very thin tube that carries blood around the body.
Circulatory system	The system that controls the flow of blood around the body

2. What we will be learning about?

1. Understand the function of the heart and its role in the circulatory system
2. Identify and compare blood vessels
3. Dissect a lamb's heart
4. Explore Blood
5. Learn how the body transports water and nutrients
6. Investigate what affects your heart rate
7. Learn about the impact of drugs and alcohol on the body

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.



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.



Drugs, including alcohol, can cause liver damage, poor sleep, high blood pressure, and different types of cancer. Drugs can be classified into four groups – painkillers, stimulants, depressants and hallucinogens.