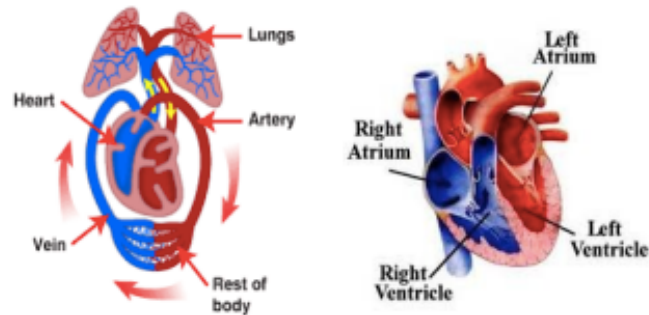




### The Heart and Circulatory system

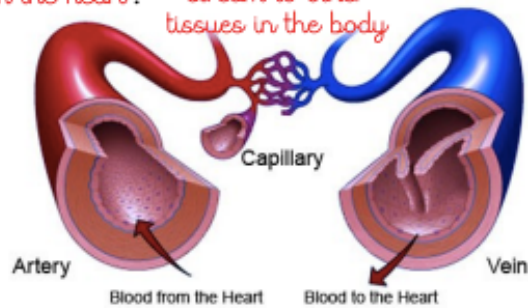
The circulatory system transports oxygen, nutrients and water in the blood to all the parts of the body that need them. These nutrients provide us with energy.



Arteries carry oxygenated blood away from the heart.

Capillaries transfer oxygen from the blood stream to other tissues in the body

Veins carry deoxygenated blood back to the heart.



1. The heart pumps and deoxygenated blood travels to the lungs
2. In the lungs, oxygen goes into the blood and carbon dioxide is removed.
3. The oxygenated blood then goes back to the heart, for an extra push, to help it travel all the way around the body.
4. Nutrients, water and oxygen are transported in the blood to the muscles and other parts of the body where they are needed. As they are used they produce carbon dioxide and other waste products
5. Carbon dioxide is carried by the blood back to the heart and then the cycle starts again.



Choices that can harm the circulatory system:

Tobacco  
Alcohol  
Fatty diet

Choices that can benefit the circulatory system:

Healthy diet  
Exercise

**Circulatory system** - system responsible for circulating blood through the body, supplies nutrients and oxygen and removes waste products (carbon dioxide).

**Heart** - organ in your chest that pumps the blood around your body.

**Lungs** - two organs inside your chest which fill with air when you breathe. They oxygenate blood and remove carbon dioxide.

**Respiration** - process of breathing, inhaling and exhaling air.

**Nutrients** - substances that help plants and animals to grow.

**Oxygen** - colourless gas that plants and animals need to survive.

**Oxygenated** - blood that contains oxygen.

**Carbon dioxide** - gas produced when breathing out

**Organ** - part of your body that has a particular purpose.

**Blood vessels** - narrow tubes through which your blood flows.