

Science

Animals Including Humans

- The body has four main systems: skeletal system, digestive system, muscular system and the circulatory system.
- Deoxygenated blood enters and leaves the heart from its right side. Oxygenated blood enters and leaves the heart from its left side.
- The heart is a muscle. It is made up of four chambers called ventricles and atria.
- Veins and arteries carry blood around the body. The blood provides nutrients and oxygen to the other organs and muscles, and then takes carbon dioxide back to the lungs to be expelled.
- Oxygen enters our body by travelling down the bronchus, into the bronchioles and into the alveoli. From here, it is passed into the blood stream and pumped around the body.
- A balanced diet should contain five food groups: fruit and vegetables, protein, carbohydrates, milk and dairy, and a small amount of fats and sugars.
- Keeping healthy is not only about eating well; you also need to keep your body healthy through regular and varied exercise. All of these will also keep your mind healthy.
- When you exercise correctly, your heart rate and breathing rate increase. This is because your heart is working hard to pump more oxygen around your body for the muscles that need it.
- Some drugs are legal and can help our bodies, whereas some are illegal and harm our bodies.
- Food enters our body and works its way through the digestive system, beginning in the mouth, before moving down through the oesophagus when we swallow. From here it is broken down in the stomach, then passes through the small intestine which absorbs all the nutrients and finally, moves to the large intestine where waste then leaves the body.

Key words:

Circulatory system – the system that pumps blood around the body.

Digestive system – the system that is responsible for digesting food, absorbing nutrients and expelling waste.

Vein – a tube in the circulatory system that carries blood to the heart.

Artery – a tube in the circulatory system that carries blood away from the heart.

Drug – a chemical that has an effect on the body.