

Science - Awesome Anatomy



For your body to work properly it needs a **balanced diet**, **exercise** and you need to get plenty of **sleep**. It's important to eat a balanced diet to stay healthy which means drinking plenty of water and eating at least five portions of fruit and vegetables every day.



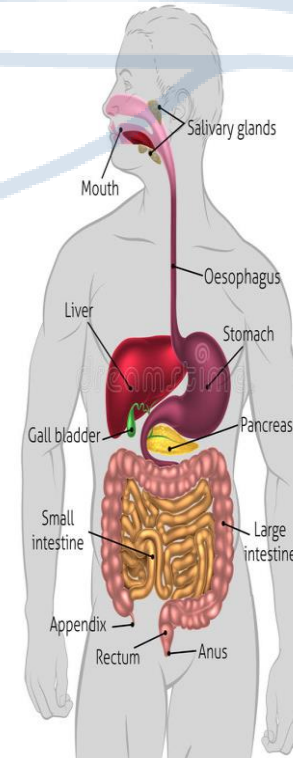
How many pieces of fruit and vegetables can you think of?
Challenge - Could you try and include more fruit and vegetables in your diet?



Nutrients are the goodness in foods: these are carbohydrates, fats, proteins and vitamins and minerals. Nutrients are needed so that the body can perform everyday tasks such as walking and concentrating. **Can you think of any other tasks the body can do?** These nutrients are transported around the human body by the digestive and circulatory system.

The Digestive System

Before the nutrients can be carried (transported) around the body they must be broken down into smaller pieces. This happens in the digestive system. Food is broken down by enzymes. This food is then moved to the small intestine and absorbed into the blood stream and the circulatory system takes over the journey.



In the circulatory system the nutrients are carried by capillaries. Once the nutrients are in your bloodstream, blood transports nutrients to different parts of your body like a river. These then help your body to work to the best of its ability.

Research the different organs of the digestive system.

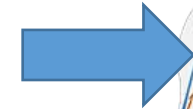
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The circulatory system is made up of the heart, blood and blood vessels. This important system is basically your bodies delivery system. Did you know the circulatory system is one of the most important systems in our body? Try researching the circulatory system - it is incredible!

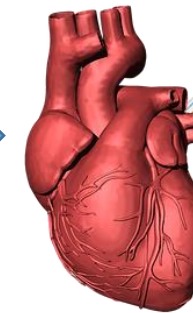
<u>Key Vocabulary</u>	
Organs	These are collections of tissues with a similar function, found inside your body. All organs are important because they have a specific job to do.
Oxygen	Oxygen is a colourless gas that is used by animals and plants to breathe. Animals and humans all need to breathe in oxygen in order to live.
Carbon Dioxide	Carbon Dioxide is a colourless gas that is used by animals and plants in the breathing process. Animals and humans breathe out carbon dioxide.
Blood	Blood is red liquid that moves around (circulates) through arteries and veins carrying oxygen to and carbon dioxide from tissues of the body.
Heart	The heart is a muscular organ that pumps blood through the circulatory system.
Blood Vessels	A tube like structure that carries blood through tissues and organs.



veins



heart



blood vessels

