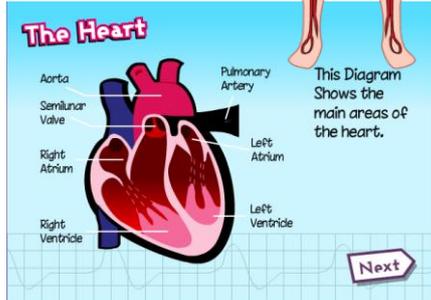
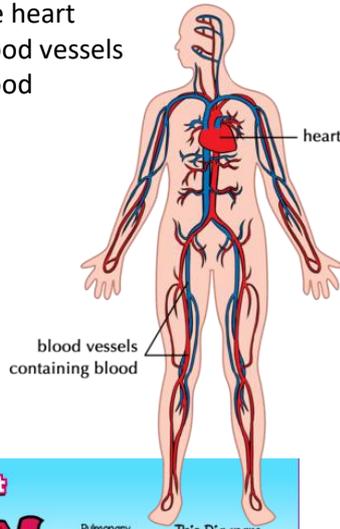


Y6 Animals including humans

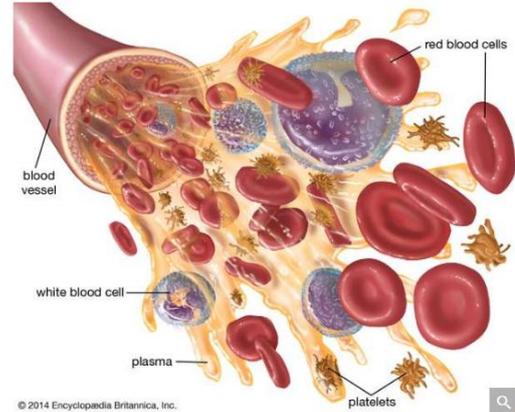
The **human circulatory system** is made up of:

- the heart
- blood vessels
- blood



- **Blood** takes **oxygen** and **nutrients** around the body
- **Blood** is **pumped** around the body by the **heart**
- The **blood** travels through our **blood vessels**
- **Veins** carry deoxygenated blood from the body to the heart
- **Arteries** take blood **away** from the heart to oxygenate the body
- **Capillaries** join the **arteries** and the **veins**

Blood is made up of **red blood cells**, **white blood cells**, **plasma** and **platelets**.



Keeping bodies healthy

A **balanced** diet is essential for a healthy body. The plate below shows how much of each food group we should eat

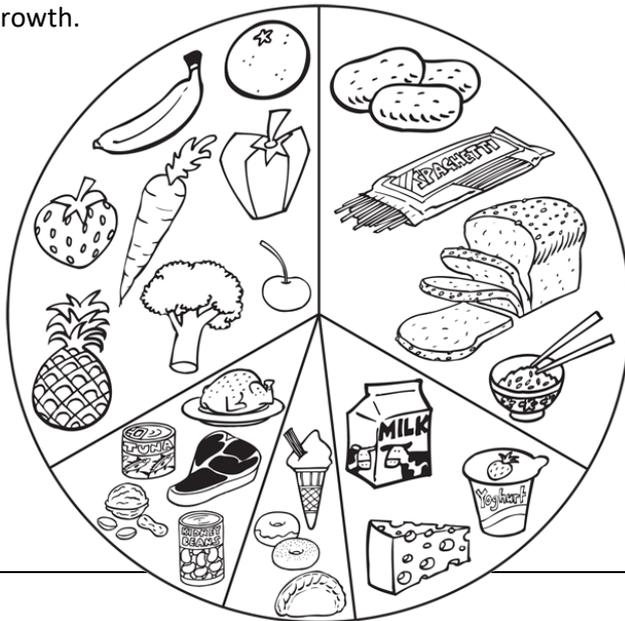
Protein (e.g. meat, fish, nuts) are required for growth, maintenance and repair of the body.

Carbohydrates (e.g. potatoes, bread, rice) are needed for energy.

Fruits and Vegetables are required for healthy body tissues, skin, eyes, blood and our immune systems.

Dairy (e.g. cheese, milk, yogurts) is required for strong teeth and bones.

Fats (e.g. butter, oils) are needed for energy and cell growth.



Exercise is good for your body because:

- It improves your **blood circulation**
- It **increases fitness** levels and **stamina**
- It keeps **bones strong**
- It improves **mental well-being**

Drugs

- Drugs are **substances** that have an **effect** on the body.
- Most drugs are useful (**medicines**) but some drugs are dangerous to our bodies.
- Some drugs are **addictive**. This means they make your body want more to feel normal.

Safe drugs:

- A doctor might **prescribe** you medicine to help you recover from an illness.
- Your parents might give you paracetamol or ibuprofen.
- As long as you take the correct amount, these are safe.

Alcohol:

- A drug found in some drinks such as beer, cider and wine.
- It can be **addictive**.
- Too much alcohol can damage your liver.

Cigarettes:

- Contain **tobacco** and **nicotine** (addictive).
- Tobacco damages your lungs and heart and can cause cancer.

E-cigarettes

- Contain **nicotine** (addictive).