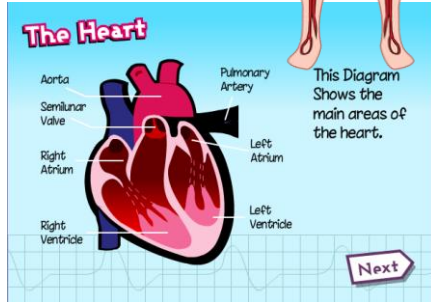
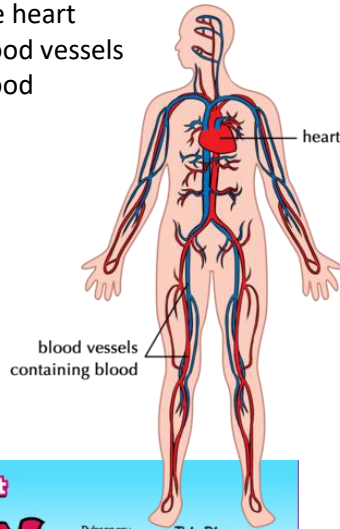


## Y6 Animals including humans

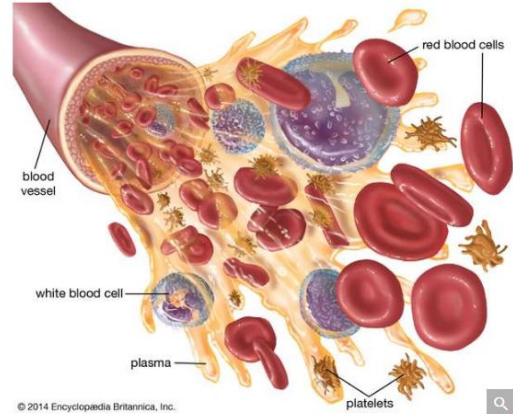
The **human circulatory system** is made up of:

- 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

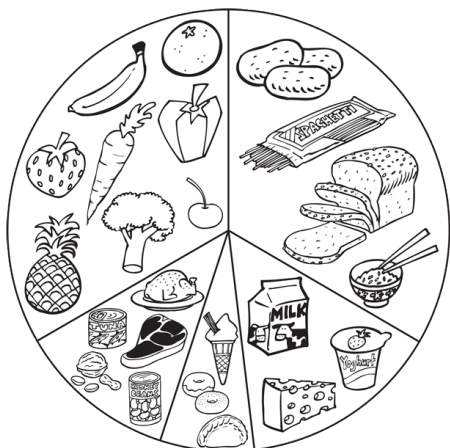
**Protein** (e.g. meat, fish, nuts) are required for growth, maintenance and repair of the body.

**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).

