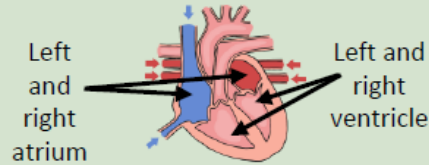


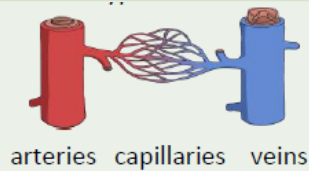


## The Heart and Blood

The heart has four chambers which pump blood around the body.







There are 3 types of blood vessel:



Water, oxygen and nutrients are moved around the body in our blood.

Water, oxygen and nutrients move from the blood into the organs through osmosis and diffusion.

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



## Key Vocabulary

Arteries	Vessels that carry blood containing oxygen away from the heart.
Veins	Vessels that carry deoxygenated blood back to the heart.
Capillaries	Small blood vessels where oxygen and nutrients travel.
Osmosis	When water moves through a membrane.
Diffusion	When nutrients move through a membrane.
Immune System	The system that protects our bodies from infection, including white blood cells.
Pulse	This is the beating of the heart as it moves blood around the body.

## Being Healthy

A balanced diet contains a range of different foods so that our bodies get the nutrients they need.

Drugs and medicines are chemicals that can have positive or negative effects on the body.

We can use our neck or wrist to find our pulse.

We can count our pulse over 30 seconds and then double it to find our heart rate.

We could also use a pulse meter to measure our pulse.

We take more than one measurement so our results are reliable.

We can then find the mean average.