

Science Subject Knowledge Bank Year 6: Animals including Humans

<u>Vocabulary</u>	<u>Definition</u>
Artery	Carries oxygenated blood from the heart to the body.
Vein	Carries deoxygenated blood from the body to the heart
Deoxygenated	Oxygen taken out
Circulatory System	The system in the body that takes blood away from and towards the heart

What are the main parts of the circulatory system?

- The circulatory system is made of the heart, lungs and the blood vessels
- Arteries carry oxygenated blood from the heart to the rest of the body
- Veins carry deoxygenated blood from the body to the heart
- Nutrients, oxygen and carbon dioxide are exchanged via the capillaries

What is the impact of drugs on your lifestyle and health?

- Some choices, such as smoking and drinking alcohol can be harmful to our health.
- Tobacco can cause short-term effects such as shortness of breath, difficulty sleeping and loss of taste and long-term effects such as lung disease, cancer and death.
- Alcohol can cause short-term effects such as addiction and loss of control and long-term effects such as organ damage, cancer and an earlier death.

What is the impact of exercise?

- tone our muscles and reduce fat
- increase fitness *make you feel physically and mentally healthier
- strengthens the heart
- improves lung function
- improves skin

What are the main functions of the heart?

- The heart is composed of four chambers; the right atrium, the right ventricle, the left atrium and the left ventricle.
- How often your heart pumps is called your pulse.
- The right atrium collects the deoxygenated blood from the body, via the vena cava. It sends the blood to the right ventricle.
- The right ventricle pumps the deoxygenated blood to the lungs. Here the blood picks up oxygen and disposes of carbon dioxide.
- The lungs send oxygenated blood back to the left atrium which pumps it to the left ventricle.
- The left ventricle pumps the blood to the rest of the body, via the aorta.

What is a balanced diet?

- To keep your body fit and healthy you need a balanced diet using all of the food groups.
- Carbohydrates – Main source of energy for our bodies (rice, potatoes, pasta and bread).
- Protein – Repairs and builds muscles, organs and immunity (fish, meat, eggs and cheese).
- Sugar and Fats – Stored for energy and creates a layer of fat to keep us warm. Should not have too much of these (chocolate, sweets, butter, oil, cream).
- Vitamins and Minerals – Keeps us growing and fighting infections (fruit and vegetables).

