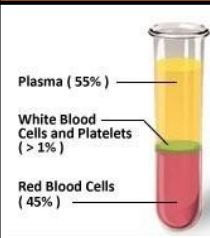


Vocabulary	Meaning
blood	a body fluid that transports substances such as nutrients and oxygen to cells around the body
blood vessel	transports blood all around the body
blood cells	cells found circulating in the blood, including red blood cells, white blood cells and platelets
plasma	the yellow liquid part of the blood. Blood cells are suspended in the plasma
oxygen	one main element making up the air we breathe, necessary for survival of plants and animals
nutrient	a substance providing nourishment for survival of life and growth
deficient	not having enough of
pulmonary	relates to the lungs
arteries	blood vessels delivering oxygen-rich blood from the heart to tissues around the body
veins	blood vessels that carry blood towards the heart (most veins carry deoxygenated blood)
valve	a one-way opening that allows blood to flow in one direction through the heart
atrium	the 'entry hall' chamber to ventricles
ventricle	a chamber towards the bottom of the heart that collects and expels blood
aorta	the main artery of the body
cardiovascular	relating to the heart and blood vessels

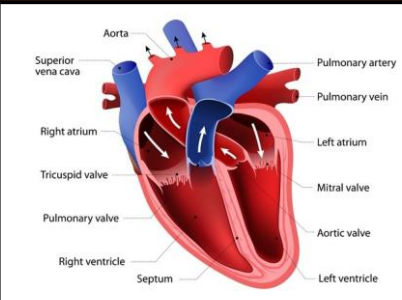
Key knowledge - Blood is important (*Curricula link to PSHE*)



Eating a balanced diet is vital to ensuring that your body is not **deficient** in the **nutrients** it needs to keep you healthy.

If you take out certain food groups or eat an unhealthy diet over a long period, you could develop illnesses - such as anemia.

Key knowledge - The Human Heart



Blood from around the body that is low in oxygen (**called deoxygenated blood**), enters the right atrium.

The heart pumps the blood through a **valve** (one-way opening) into the **right ventricle**.

The human **heart has a double pump system**, pumping blood to the lungs and then around the body.

From here, the blood travels to the lungs via the pulmonary artery.

Key knowledge - the impact of abusing your body. (*PSHE*)

Smoking/Vaping



- Nicotine is addictive
- Affects the lungs
- Shorter life span
- Cancer related

Obesity



- Harder for heart to pump blood
- Shorter life span
- Cancer related

Alcoholism



- Alcohol is a poison
- Cancer related
- Liver issues