

3 GOOD HEALTH AND WELL-BEING



Ensure healthy lives and promote well-being for all at all ages

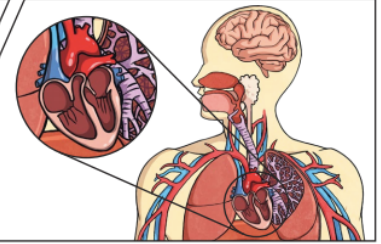
Circulation and the heart

Key Vocabulary

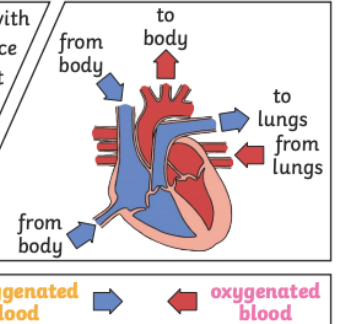
circulatory system	A system which includes the heart, veins, arteries and blood transporting substances around the body.
heart	An organ which constantly pumps blood around the circulatory system .
blood vessels	The tube-like structures that carry blood through the tissues and organs. Veins, arteries and capillaries are the three types of blood vessels.
oxygenated blood	Oxygenated blood has more oxygen. It is pumped from the heart to the rest of the body.
deoxygenated blood	Deoxygenated blood is blood where most of the oxygen has already been transferred to the rest of the body.

The **heart** pumps blood to the lungs to get oxygen.

It then pumps this **oxygenated blood** around the body.



Mammals have **hearts** with four chambers. Notice how the blood that has come from the body is **deoxygenated**, and the blood that has come from the lungs is **oxygenated** again. The blood isn't actually red and blue: we just show it like that on a diagram.

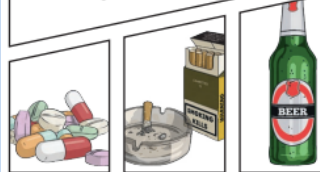


Healthy Living

Key Vocabulary

drug	A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.
alcohol	A drug produced from grains, fruits or vegetables when they are put through a process called fermentation.
nutrients	Substances that animals need to stay alive and healthy.

Drugs, alcohol and smoking have **negative effects** on the body.



A healthy diet involves eating the right types of **nutrients** in the right amounts.



Plasma is liquid. The other parts of your blood are solid.



Red blood cells carry oxygen through your body.

Platelets help you stop bleeding when you get hurt.



White blood cells fight infection when you're sick.

Regular exercise:

- strengthens muscles including the heart muscle;
- improves circulation;
- increases the amount of oxygen around the body;
- releases brain chemicals which help you feel calm and relaxed;
- helps you sleep more easily;
- strengthens bones.

It can even help to stop us from getting ill.

