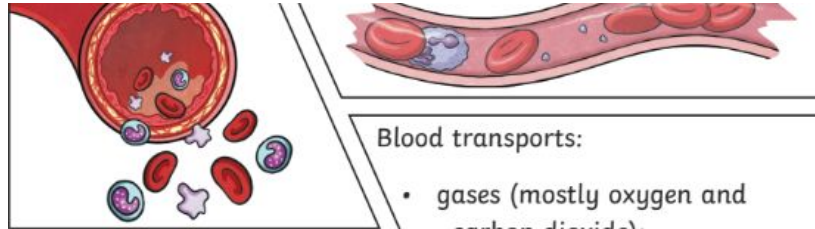
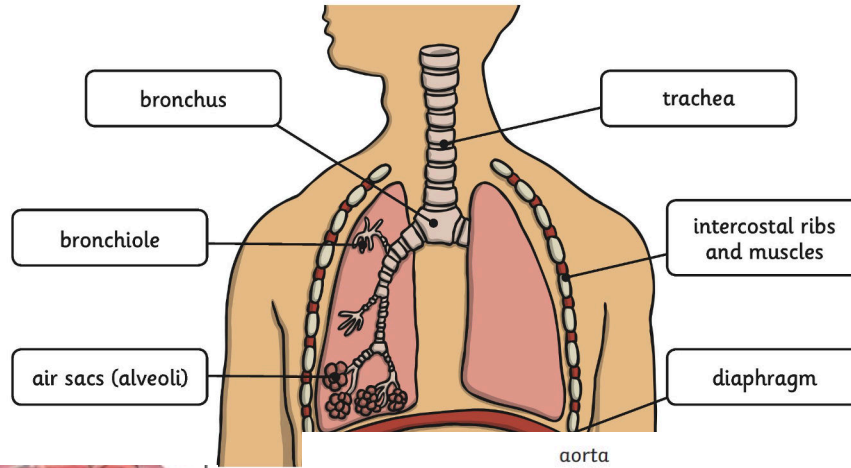


Knowledge Organiser

Science: Human Body

I already know:

- That animals, including humans, need the right types and amount of nutrition
- The simple functions of the basic parts of the digestive system in humans
- How to construct a variety of food chains, identifying producers, predators and prey
- The changes as humans develop from birth to old age and how plants and animals resemble their parents in many features

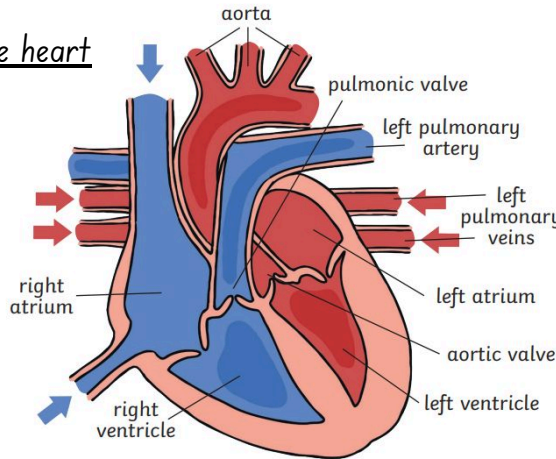


Blood transports:

- gases (mostly oxygen and carbon dioxide);
- **nutrients** (including water);
- waste products.

The liquid part of blood contains water and protein. This is called plasma.

The heart



Having regular exercise:

- strengthens muscles and bones
- improves circulation
- helps you sleep
- releases brain chemicals which help you feel calm and relaxed
- increases the amount of oxygen around the body

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



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



Key Vocabulary

circulatory system

A system which includes the heart, veins, arteries and blood transporting substances around the body.

oxygenated
deoxygenated

Oxygenated blood has more oxygen. It is pumped from the heart to the rest of the body.

Deoxygenated blood is blood where most of the oxygen has already been transferred to the rest of the body.

white blood cells
red blood cells

White blood cells are part of the body's immune system. They help the body fight infection and other diseases.

Red blood cells contain a protein called hemoglobin, which carries oxygen from the lungs to all parts of the body.

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.

drug

A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.

nutrients

Substances that animals including humans need to stay alive and healthy.