

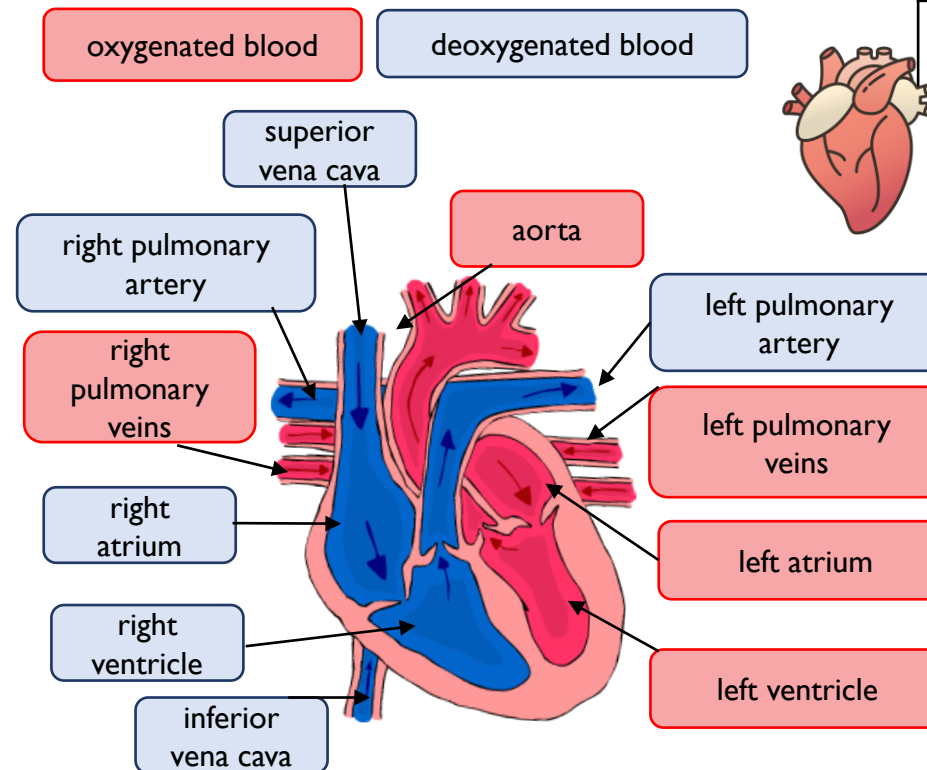
Year 6 Animals including humans

ESSENTIAL ANIMALS INCLUDING HUMANS VOCABULARY	
heart	An organ that pumps blood around the circulatory system
oxygenated blood	Blood carrying oxygen from the heart to the rest of the body.
deoxygenated blood	Blood where most of the oxygen has already been taken to the rest of the body.
ventricle	Each of the two main chambers of the heart (left and right).
plasma	The colourless fluid part of blood.
blood vessel	A tube carrying blood through tissues and organs.
blood	The red liquid that circulates in the arteries and veins of vertebrate animals.
artery	The blood vessels that deliver oxygenated blood from the heart around the body.
enzymes	Chemicals in the body that help to digest food.
aorta	The main artery of the body. In humans, it passes over the heart from the left ventricle.
muscle	A band of fibres that contracts to produce movement.
oxygen	The gas that we breathe in.
carbon dioxide	The gas that we breathe out.
digest	To break down food into substances that can be absorbed by the body
nutrients	A substance that provides the nourishment needed to stay alive and grow.

The Heart

Mammals have hearts with four chambers. Deoxygenated is pumped through the right atrium and right ventricle, then sent to the lungs. The left atrium receives oxygenated blood from the lungs and pumps it to the left ventricle where it is sent to the rest of the body.

Blood isn't really red and blue. The colours are just used to show the oxygenated and deoxygenated blood.



Parts of Blood	
Plasma	The only liquid part of blood. It carries nutrients round the body.
Platelets	They help to stop bleeding when the body is cut.
Red blood cells	These carry oxygen around the body.
White blood cells	These fight infection when the body is sick.

The Four Main Food Groups

- **Protein** helps the body to repair itself. It is found in foods such as fish, beans and nuts,
- **Fibre** helps to digest food. It is found in foods such as fruits and vegetables.
- **Carbohydrates** give us energy. It is found in foods such as potatoes and pasta.
- **Fat** helps store energy in the body. It is found in foods such as cheese and nuts.

It is important to eat these in the right amounts.

MAKING LINKS TO PREVIOUS LEARNING GOLDEN VOCABULARY	
Plants	Plants produce oxygen .
Plants	Plants absorb carbon dioxide .
Digestive System	Different organs help to digest food and absorb nutrients.
Plants	All living things absorb nutrients in order to stay alive.

Lifestyle

- **Diet.** The human body needs a balanced diet in order to function properly. It is important to drink water to keep the body hydrated and eat foods from the different food groups.
- **Exercise.** When the heart beats faster, it pumps more oxygen around the body. Many people feel more relaxed and positive when they have done exercise. It can also help people to sleep better.
- **Drugs.** Some drugs, such as medicines, are helpful for the body. Other substances such as alcohol and tobacco, are harmful. They are addictive and can damage the organs.