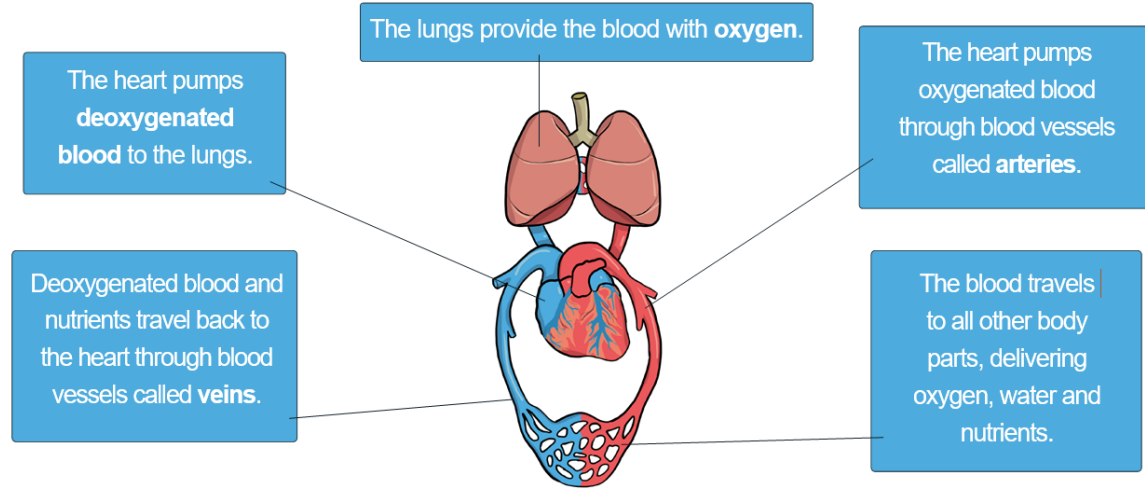


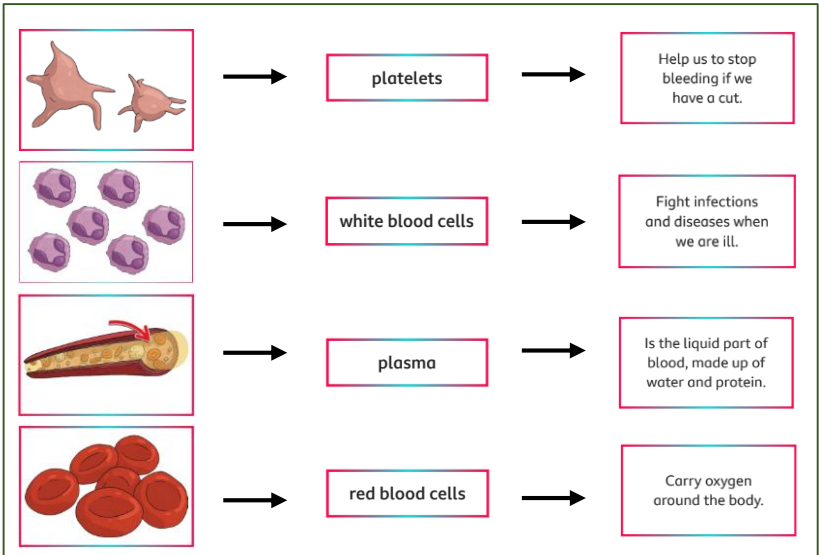
### Circulatory System



### Key Vocabulary

	Word	Definition
1.	Circulatory system	A system which includes the heart, veins, arteries and blood transporting substances around the body.
2.	Heart	An organ which constantly pumps blood around the circulatory system.
3.	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.
4.	Oxygenated blood	Oxygenated blood has more oxygen. It is pumped from the heart to the rest of the body.
5.	Deoxygenated blood	Deoxygenated blood is blood where most of the oxygen has already been transferred to the rest of the body.
6.	Drug	A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.
7.	Alcohol	A drug produced from grains, fruits or vegetables when they are put through a process called fermentation.

### Blood



### Healthy Lifestyles

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

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

**Regular exercise:**

- strengthens muscles including the heart muscle;
- improves circulation;
- increases the amount of oxygen around the body.