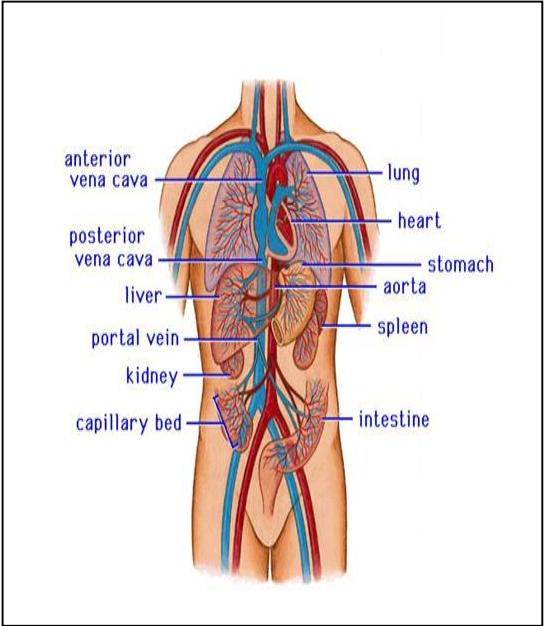


Questions	Answers
What are the main parts of the human circulatory system?	<ul style="list-style-type: none"> • Heart • Blood vessels • Blood
What does the heart do?	The heart pumps the blood through the blood vessels so that food and oxygen can get to all the parts of the body.
What do the blood vessels do?	The blood vessels carry the blood around the body.
What does the blood do?	Blood moves food and oxygen around the body.
There are three main types of blood vessels:	<ol style="list-style-type: none"> 1. The arteries, which carry the blood away from the heart 2. The capillaries, which enable the actual exchange of energy between the blood and the tissues 2. The veins, which carry blood from the capillaries back toward the heart

Science – Animals Including Humans
YEAR 6



What do humans need to do to be healthy?

HEALTHY LIVING PYRAMID

Eat in Small Amounts
Oil, Margarine, Reduced-fat spreads, Butter, Sugar

Eat Moderately
Lean meat, Eggs, Fish, Chicken (no skin), Milk, Yoghurt, Cheese

Eat Most
Vegetables, Dried peas, Beans, Lentils, Cereals, Bread, Fruit, Nuts

Move More (indicated on both sides of the pyramid base)

Dangers

Dangers of smoking	Very addictive and can cause heart disease and cancer.
Dangers of drugs	Very addictive and can damage the brain or cause death.
Dangers of alcohol	Ok in small amounts but can damage vital organs.
Dangers of obesity	Can cause heart disease or lead to cancer.



Junk Food V's Healthy Food

The image shows two heart-shaped arrangements of food. The left heart is made of junk food including chips, candy, and a soft drink. The right heart is made of fresh fruits and vegetables.