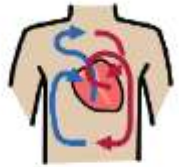


Year 6 Knowledge Fact Sheet – Wonderful Me

Nutrients are transported throughout your body through your blood via **capillaries**, tiny blood vessels that connect arteries to veins. **Nutrients**, oxygen and waste products all pass in and out of your blood through the capillary walls.



Circulatory system

The system that moves blood, oxygen and nutrients through the body.

Key Vocabulary

Arteries – Blood vessels that carry blood from the heart to other parts of the body.

Veins – Blood vessels that return blood back to the heart from other parts of the body.

Heart - A muscular organ that pumps the blood through the circulatory system.

Brain- The organ that enables us to think, feel emotions, make decisions and control the rest of our body.

Lungs - Major organs that bring oxygen into our blood stream.

Liver - Organ that performs vital functions in our bodies, from breaking down food in digestion to ridding our bodies of toxins.

Kidneys - Help to keep our bodies clean from toxins and other waste products.

Small intestines - The first part continues to break down our food and the second part is where the food gets absorbed from the intestine into our body through the blood.

Large intestines - Any food that the body doesn't need or can't be used is sent to the large intestine and leaves the body as waste.



Drugs can have a positive or negative impact on the body.

It is vital to have a balanced diet to make sure that the body gets all the nutrients it needs to remain healthy.

Exercise increases your heart rate (speed at which the heart beats).

