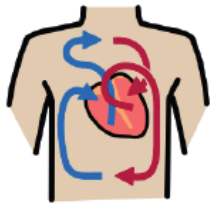


## Year 6 Knowledge Fact Sheet – Wonderful Me

**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).

