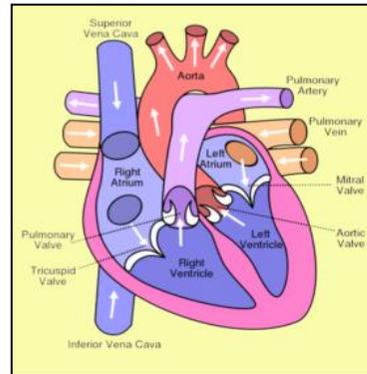


The Function of the Heart

1. Deoxygenated blood flows into the heart from the body through the veins
2. This blood is pumped out to the lungs through the pulmonary artery
3. Blood is then oxygenated in the lungs
4. Blood returns to the heart through the pulmonary vein
5. The oxygenated blood is then pumped out of the heart through the aorta
6. The blood travels around the body delivering oxygen and nutrients to the organs

The Circulatory System

The circulatory system is the system that circulates blood through the body



Diet and Lifestyle

Fatty rich foods can clog arteries and veins, preventing blood from delivering what is needed.

Exercise can improve the health of a person by removing fatting deposits from the body

Some exercises are called cardiovascular and are designed to improve fitness of the overall circulatory system by strengthening the organs and pulse rate.

Vocabulary

Allies (WW2)	The United Kingdom, France and Poland, later joined by other countries, including the USSR (Soviet Union), the United States of America and China.
Axis (WW2)	The Axis Powers were originally Germany, Japan and Italy. Other countries joined them later.
Propaganda	Information designed to promote a political idea or opinion.
Nazi Party (WW2)	A German political party with racist and anti-Jewish ideas, led by Adolf Hitler.
Alliance	An agreement between two or more people, groups or countries to support each other.
Armistice	An agreement by countries at war to stop fighting.
Rationed	Being given a food allowance when food is in short supply.
Declare	To announce.
Invade	To enter an area and forcibly take control.
Active service	Taking part in a military operation as part of the armed forces.

Vocabulary

Heart	The organ in your chest that pumps blood around your body
Blood	Red fluid that is pumped by the heart and supplies the body with nutrients and oxygen
Veins	Blood vessels that carry blood to the heart
Arteries	Blood vessels that carry blood away from the heart
Capillaries	Microscopic blood vessels found in the muscles and lungs
Lungs	Two spongy organs inside your chest which fill with air when you breathe. They remove carbon dioxide from the blood and add oxygen

Timeline

