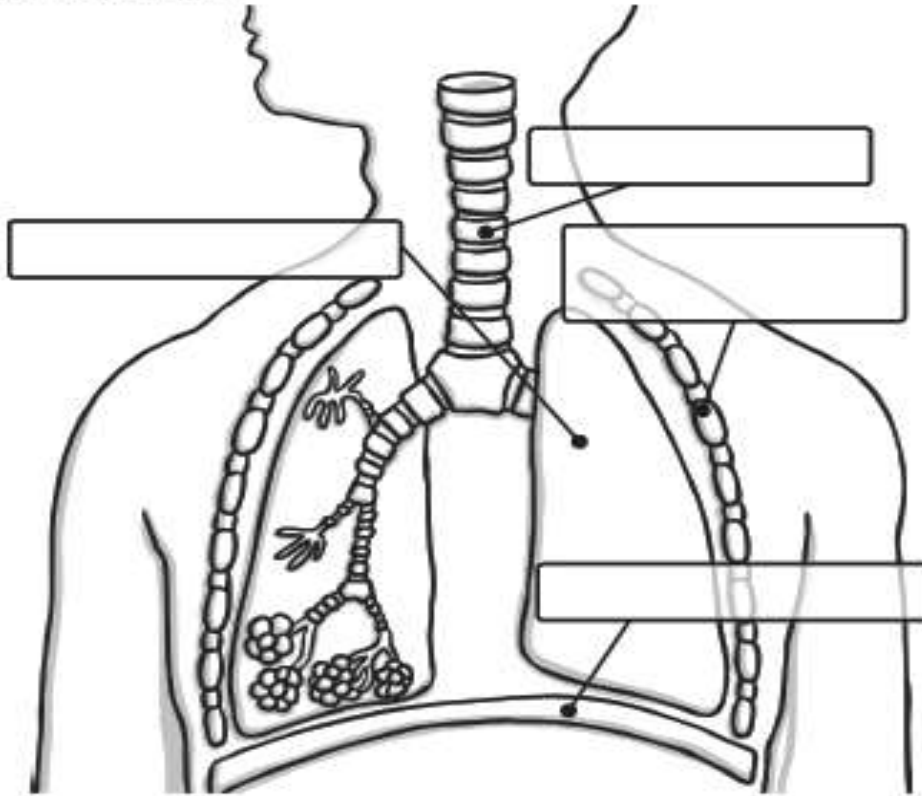


Respiratory System

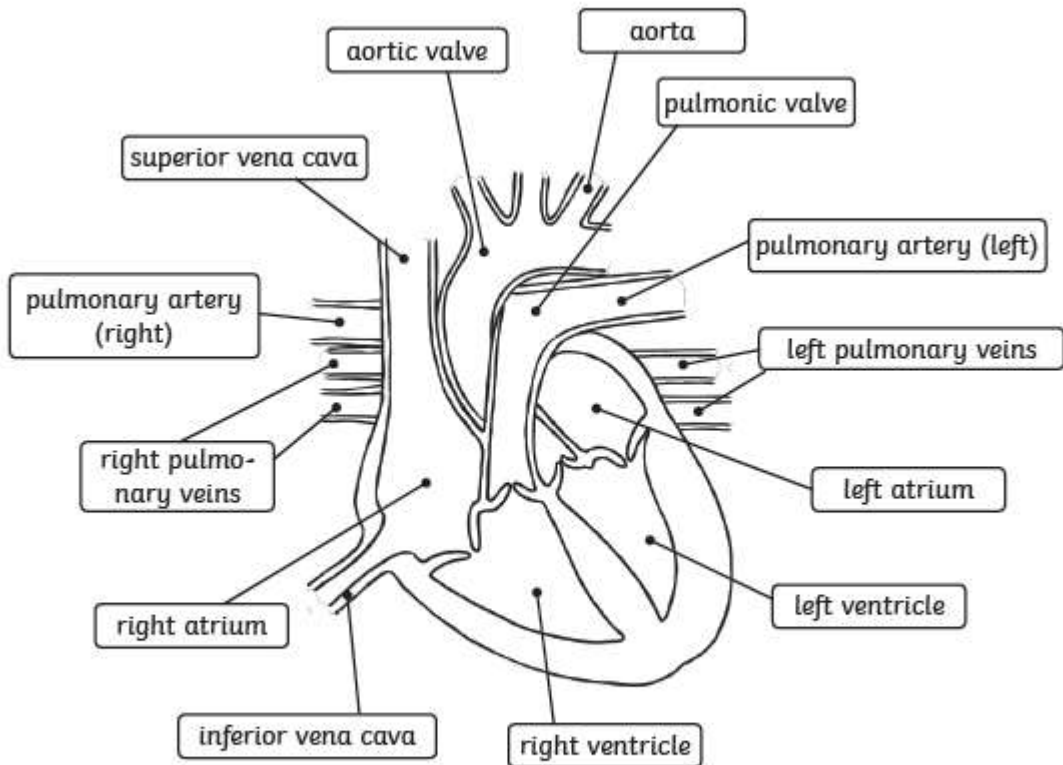
1. Label this diagram:



2. Circle the three main parts of the body involved in the circulatory system:

- | | | |
|---------|-------|---------|
| blood | liver | muscles |
| stomach | lungs | heart |
| | bones | |

3. Look at this diagram of the heart and answer the questions below:



a) Which part of the body do the pulmonary arteries and veins link to?

b) What do valves do?

c) When the blood leaves the heart a second time and is pumped around the whole of the body what is the blood carrying.

4. One of the jobs your circulatory system does is carry blood around the body. What are the jobs of these blood vessels in that system and what gases do they carry if any?

a) Arteries:

b) Veins:

c) Capillaries:

5. Think about how our lungs work.

a) What gas do we use from the many gases in the air we breathe in?

b) What gas do we get rid of from our body when we exhale?

6. Fill in the correct words in the blank spaces:

Stomach acids break down food into _____. This then goes through the _____ where bile and _____ break down larger molecules into smaller parts.

Nutrients

7. Join up each nutrient to a food example and the job it does in your body.

Nutrient	Food	Job
Protein	Vegetables	Small amounts to stay healthy
Carbohydrate	Olive Oil	Provides energy
Fibre	Chicken	Cells and body fluids
Fat	Salt	Provides energy and can be stored for warmth but too much is unhealthy
Vitamins and Minerals	Juice	Roughage to help food move in through the body
Water	Bread	Growth and repair

8. Put these parts of the digestive system in the order food passes through the body:

	Number 1-5
Small intestine	
Mouth	
Stomach	
Oesophagus	
Large intestine	

Exercise

9. Circle all the statements that are true about exercise:

Exercise must raise your heart rate.

You have to sweat a lot to be doing it right.

Exercise works muscles.

Old people shouldn't exercise.

Exercise requires some effort.

You have to go to the gym to exercise.