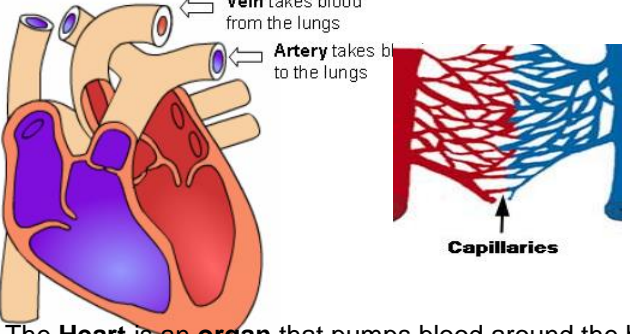

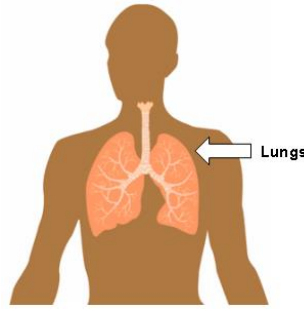


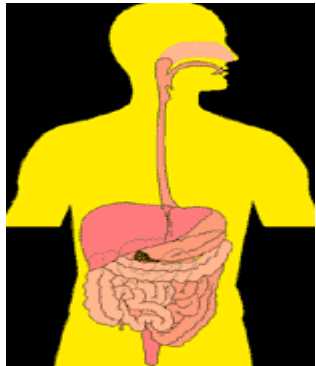

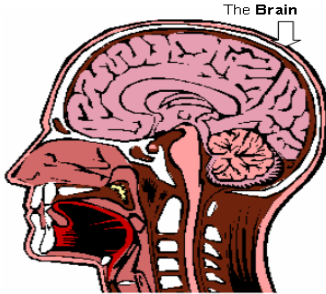


HEALTHY LIVING

<h2>Glossary</h2>	<h3>The Heart</h3> <p>Blood vessels consist of arteries, veins and capillaries</p>  <p>The Heart is an organ that pumps blood around the body – circulation. Your heart beat is the rhythmic contractions of the muscle.</p>		<h3>RED GOLD</h3> <p>What's in blood?</p> <ul style="list-style-type: none"> • Red blood cells • White blood cells • Platelets • Plasma 	 <p>We breathe using our lungs, oxygen is a gas found in the air we need to breathe. Our bodies produce another gas, carbon dioxide, we get rid of this by breathing out.</p>	<p>exercise – the process of repeated movements that keep the heart, lungs, bones, joints and muscles working smoothly</p> <p>heart – the muscular organ that pumps blood around the body</p> <p>heart beat – the rhythmic contractions of the heart muscle</p> <p>lungs – the organ that oxygenates the blood that is then circulated around the body</p> <p>nerves – the network of connections between the brain and the body</p> <p>nicotine – the addictive drug contained in tobacco products – cigarettes and cigars</p>
<p>addiction – when someone cannot stop taking harmful drugs e.g. cocaine, heroin,</p>	<p>Nicotine is an addictive drug found in cigarettes</p> 	<p>Exercise is beneficial and promotes good health. We need energy in order to work, move and grow – we eat food to provide our body with this.</p> 	<p>The digestive system – food is chewed into small pieces and then swallowed. In the stomach it is digested into even smaller pieces that will pass through into the blood stream. It is used by the body for energy, growth and repair. What is not used is passed out of the body as waste.</p> 	<p>obesity – the state of being extremely overweight</p> <p>organ – part of the body with a certain job to do e.g. heart, brain, lungs, kidneys etc.</p>	
<p>alcoholic – a person who is addicted to the drug alcohol</p>	<p>Drugs have an effect on the body and can become an addiction. An alcoholic is addicted to alcohol. Taking drugs can have side effects on the body, such as tiredness.</p> 	<p>Nerves are a network of connections between the brain and the body</p>  <p>Obesity means being extremely overweight</p>	<p>oxygen – a gas found in air that we need for breathing</p> <p>pulse rate – is the measure of the number of heart beats per minute</p> <p>side effects – the unwanted additional effects of a drug on the body</p> <p>vein – a blood vessel carrying blood <u>to</u> the heart</p>		
<p>artery – a blood vessel carrying blood <u>away from</u> the heart</p>					
<p>beneficial – anything that promotes good health</p>					
<p>brain – the organ that controls the nervous system – the a</p>					
<p>capillaries – tiny blood vessels</p>					
<p>carbon dioxide – the gas that our bodies produce and need to get rid of by breathing out</p>					
<p>circulation – the process of moving blood around the body</p>					
<p>digestive system – the system in our bodies that takes food and turns it into a form that can be moved through the blood to provide energy to all parts of the body</p>					
<p>drug – substances that have an effect on the body</p>					
<p>energy – all living things need energy in order to work – to move, grow etc. We eat food in order to provide the body with energy.</p>					

HEALTHY LIVING