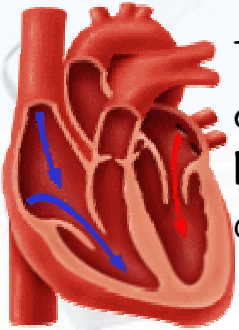
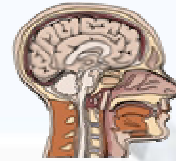


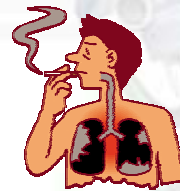
Keeping Healthy Fact Sheet



The **Heart** is an **organ** that pumps blood around the body - **circulation**. Your **heart beat** is the rhythmic contractions of the muscle.

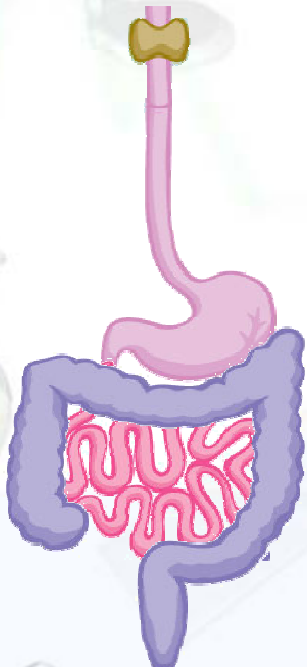


Nerves are a network of connections between the brain and the body

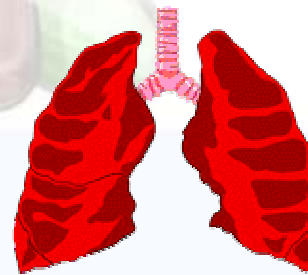


Drugs have an effect on the body and can become an **addiction**. Taking drugs can have **side effects** on the body, such as tiredness.

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.



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.



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.

Keeping Healthy Glossary

addiction - when someone cannot stop taking harmful drugs e.g. cocaine, heroin,	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	lungs - the organ that oxygenates the blood that is then circulated around the body
alcoholic - a person who is addicted to the drug alcohol	drug - substances that have an effect on the body	nerves - the network of connections between the brain and the body
artery - a blood vessel carrying blood away from the heart	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.	nicotine - the addictive drug contained in tobacco products - cigarettes and cigars
brain - the organ that controls the nervous system	exercise - the process of repeated movements that keep the heart, lungs, bones, joints and muscles working .	obesity - the state of being extremely overweight
capillaries - tiny blood vessels	heart - the muscular organ that pumps blood around the body	organ - part of the body with a certain job to do e.g. heart, brain, lungs, kidneys
carbon dioxide - the gas that our bodies produce and need to get rid of by breathing out	heart beat - the rhythmic contractions of the heart muscle	oxygen - a gas found in air that we need for breathing
circulation - the process of moving blood around the body		vein - a blood vessel carrying blood to the heart