



# Keeping Healthy

## Key Vocabulary

arteries	drugs
balanced diet	heart
medicine	muscles
pulse rate	pulse
starch	fitness
carbohydrates	sugars
fats	vitamins
vitamins	minerals
blood vessels	lungs
carbon dioxide	oxygen



## MUSCLES



Muscles are used for every movement including running and swimming. Muscles are attached to bones and work in pairs. When one muscle shortens or tightens the opposite one relaxes or stretches.

To stay healthy it is important we all have a **BALANCED DIET**.

It is also very important to exercise as this makes our **HEART** and **MUSCLES** stronger.

The **HEART** is a **MUSCLE** and it pumps blood around the body.

Our **HEART** and **LUNGS** are protected by the rib cage.

**BLOOD VESSELS** carry the blood around the body.

**ARTERIES** carry blood containing oxygen from your **HEART** to your **MUSCLES**.

**VEINS** carry blood containing carbon dioxide to your **HEART**.

Some **DRUGS** can be harmful to the body. Examples include alcohol and tobacco.

Some **DRUGS** can also be helpful such as **MEDICINES** which make us better when we are ill.

Your **PULSE RATE** is the number of beats your heart makes in a minute.

# Keeping Healthy Science Ks

**Sabine Zange**



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