

Keeping Healthy

Key Vocabulary

artionies devices balanced diet beart medicine municipal pulse rate guidate. dhareh. Fibres. carbohydrates **BARRY** Patrick. white. w Name or invineroks. blood vessels lungs: corben dioxade. 6979067



Muscles are used for every movement including running and swimming. Muscles are attacked to bones and work in poins. When one muscles shortcas or tightons the apposite and relaxies or stretches. To stay healthy it is important we all have a BALANCED DIET.

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

8LOOD VESSELS corry the blood around the body.

VEINS carry blood containing carbon dioxide to your HEART.

Some DRUGS can also be helpful such as MEDICINES which make us better when we are ill. It is also very important to evercise as this makes our HEART and MUSCLES stronger.

Our HEART and LUNGS are protected by the nib cage.

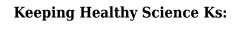
> ARTERIES corry blood containing oxygen from your HEART to your MUSCLES.

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

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

Keeping Healthy Science Ks

Sabine Zange



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