The Function of the Heart:

1. **Deoxygenated** blood flows into the heart from the body through the veins.
2. This blood is pumped out to the lungs through the **pulmonary artery**.
3. Blood is then **oxygenated** in the lungs.
4. Blood returns to the heart through the **pulmonary vein**.
5. The oxygenated blood is then pumped out of the heart through the **aorta**.
6. The blood travels around the body delivering oxygen and nutrients to the organs.

The Lungs

- **Diaphragm**
- **Trachea**
- **Air sacs (alveoli)**
- **Bronchioles**

The Circulatory System

**The circulatory system** is the system that circulates blood through the body.

Diet and Lifestyle

- Fatty rich foods can **clog** arteries and veins, preventing blood from delivering what is needed.
- Exercise can improve the health of a person by removing **fatty deposits** from the body.
- Some exercises are called **cardiovascular**, and are designed to improve the fitness of the overall circulatory system by **strengthening** the organs and **pulse rate**.

Phrases About Blood

- **bad blood**: People have argued about something and dislike each other.
- **bay for blood**: demanding that someone should be hurt or punished.
- **blue blood**: from a family that has a high social rank.
- **make blood boil**: makes you very angry.
- **blood out of a stone**: people are not being very helpful when you are getting information or persuading someone to talk.
- **blood, sweat and tears**: a very hard thing to do and requires a lot of effort.
- **blood is thicker than water**: loyalty to their family is greater than their loyalty to anyone else.
- **own flesh and blood**: a member of your family.

Vocabulary Dozen

- **heart**: the organ in your chest that pumps the blood around your body.
- **blood vessels**: the narrow tubes through which your blood flows includes the arteries, veins and capillaries.
- **blood**: a red fluid that is pumped by the heart and supplies the body with nutrients and oxygen.
- **veins**: blood vessels that carry blood to the heart.
- **arteries**: blood vessels that carry blood away from the heart.
- **capillaries**: microscopic blood vessels found in the muscles and lungs.
- **oxygen**: a colourless gas that exists in large quantities in the air. All plants and animals need oxygen in order to live.
- **lungs**: the two spongy organs inside your chest which fill with air when you breathe in. They remove carbon dioxide from blood and add oxygen.
- **ribcage**: the bony structure consisting of the ribs and their connective tissue that encloses and protects the lungs and heart.
- **carbon dioxide**: a gas produced by animals and people breathing out.
- **oxygenated**: to be enriched with oxygen.
- **deoxygenated**: to be depleted of oxygen.