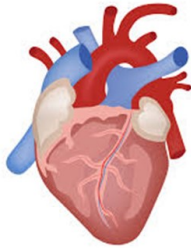


# Animals Including Humans

The human **circulatory** system is made up of the heart, blood and blood vessels, including arteries, veins and capillaries.

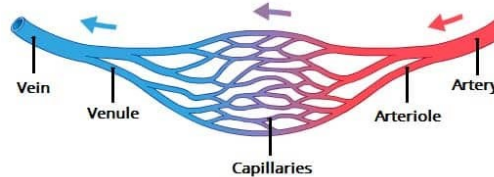


**William Harvey** discovered that the heart works like a pump. Harvey carefully studied and dissected animals and human bodies to observe the heart.

A **balanced diet** supports body function, while too much **sugar, fat, alcohol or harmful drugs** can damage **organs** like the liver, heart and brain. An unhealthy diet can also make us **overweight**.



The heart pumps **blood** around the body; blood carries **oxygen, nutrients** and **waste**; **arteries** carry blood away from the heart, **veins** carry it back, and **capillaries** allow exchange between blood and body tissues.



Regular **exercise** strengthens the heart and lungs, improves **circulation** and **fitness**, while a lack of exercise can lead to health problems like **obesity**, heart disease and poor stamina.



## KEY VOCABULARY

Absorption	Oxygen
Alcohol	Plasma
Arteries	Platelets
Blood	Proteins
Capillaries	Pulse
Drugs	Pump
Exercise	Recovery
Fats	Red
Heart	Stamina
Heartbeat	Transport
Intestine	Veins
Lungs	Vitamins
Nutrition	

**Nutrients** and water are absorbed into the blood in the **small intestine** and carried by the **circulatory system** to cells all over the body.

