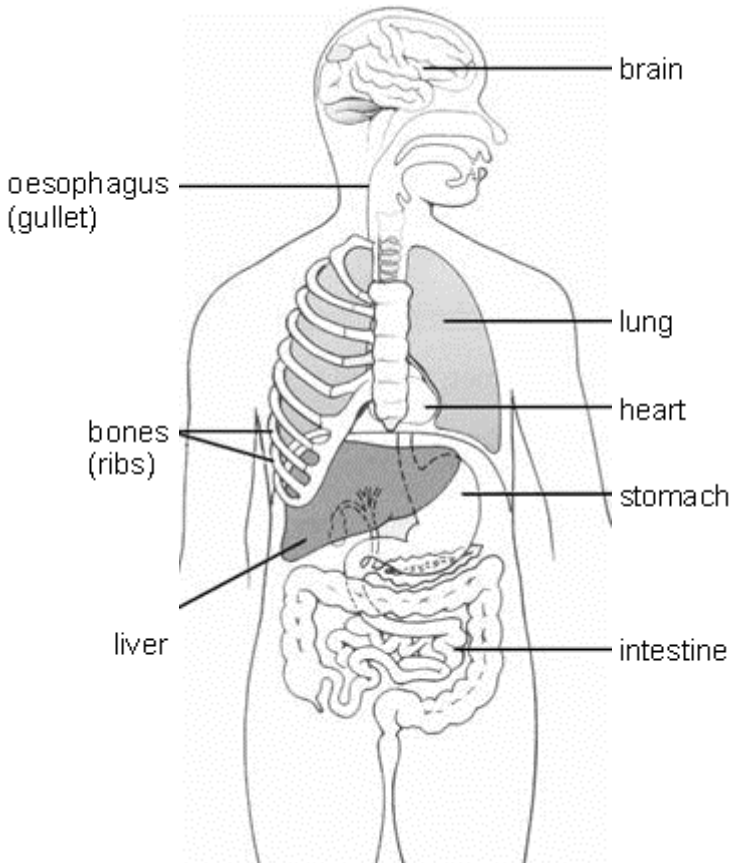


Year 5: Keeping Healthy



Food is broken down (**digested**) by:

1. Teeth in the mouth.
2. **Acid** in the **stomach**.
3. **Enzymes** in the small **intestines**.

Food that is broken down into very small pieces goes into the blood.

Food is used by the body for growth, repair and energy.

The **heart** is a **muscle** that **pumps** blood around the body.

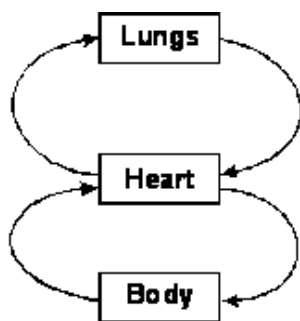
Arteries take blood **a**way from the heart.

Veins take blood towards the heart.

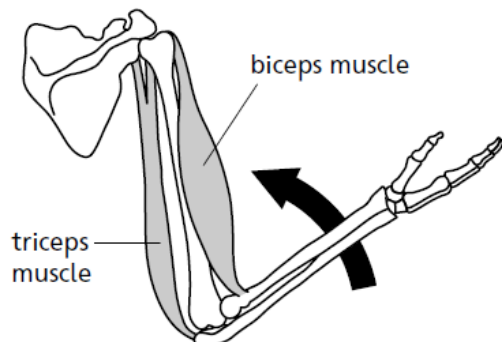
Your **pulse** measures your heart rate. Your pulse rate increases when you exercise.

Parts of a healthy balanced diet

Nutrient	Use	Sources
protein	growth and repair	meat, nuts, cheese, beans
carbohydrate	energy	potatoes, pasta, rice, bread
fat	energy	cheese, cakes, crisps, chips
water	about 60% of your body is made of water	drinks, fruits, vegetables
fibre	stops constipation	vegetables, beans
minerals	e.g. iron for making red blood cells, calcium for making bones	meat, breakfast cereals
vitamins	e.g. vitamin C prevents scurvy, vitamin D prevents rickets	fruits, vegetables, milk



The **lungs** absorb **oxygen**. Blood goes from the heart to the lungs and then back to the heart. **Smoking** can cause **lung cancer**. **Nicotine** is an **addictive** drug found in cigarettes.



The bones of the **skeleton** provide support, protect the organs and allow movement. When muscles **contract** they move your bones. Muscles only **pull**, they cannot push.