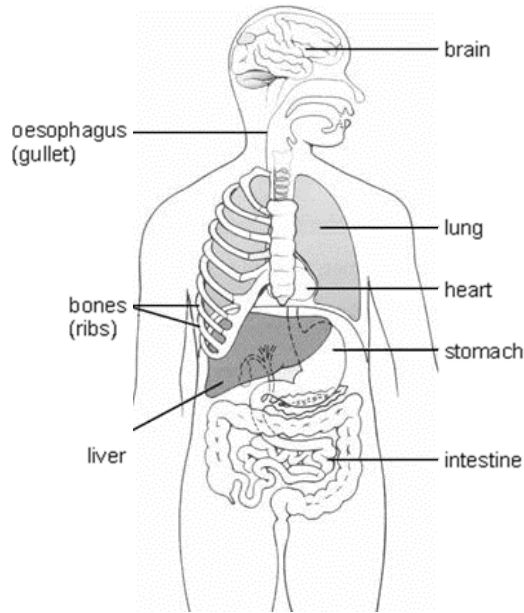


## Keeping Healthy



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.

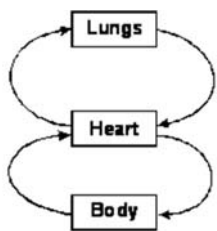
**A**rteries take blood **a**way from the heart.

Veins take blood towards the heart.

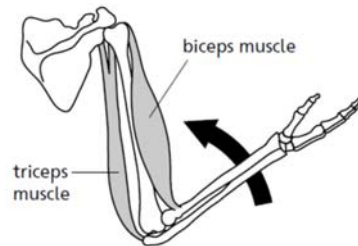
Your **pulse** measures your heart rate.  
Your pulse rate increases when you exercise.

## 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 <b>constipation</b>	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.



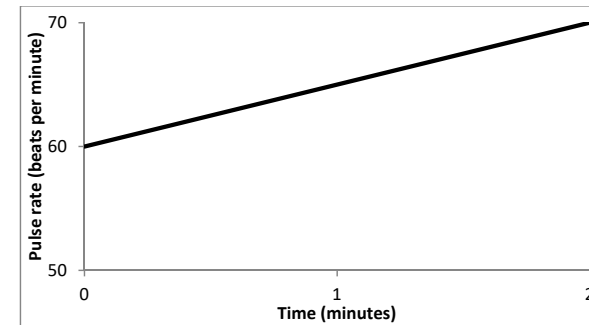
When muscles **contract** they move your bones.

**Smoking** can cause **lung cancer**.

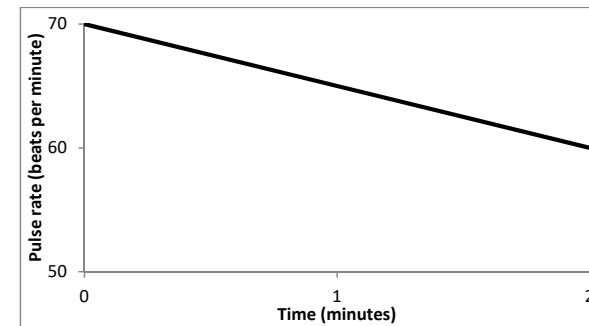
**Nicotine** is an **addictive** drug found in cigarettes.

Smoking, as well as too much fat and salt in your diet, can **damage your heart**.

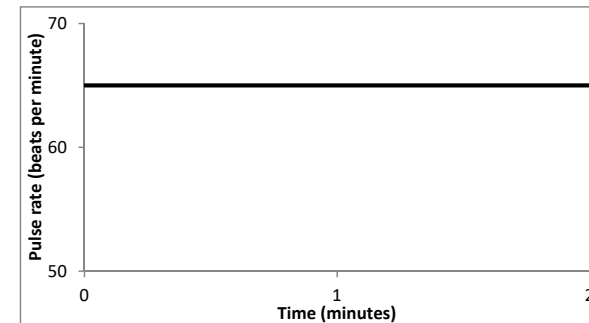
## Reading graphs



Graph showing pulse rate **increasing**.



Graph showing pulse rate **decreasing**.



Graph showing pulse rate **staying the same**.

**Conclusions** – say what the results show.

**er-er** conclusions can help summarize a pattern e.g.

The **faster** the cars the **greater** the number of squashed hedgehogs found on the roads.

The **larger** the number of sweets you eat the **greater** the number of fillings in your teeth.