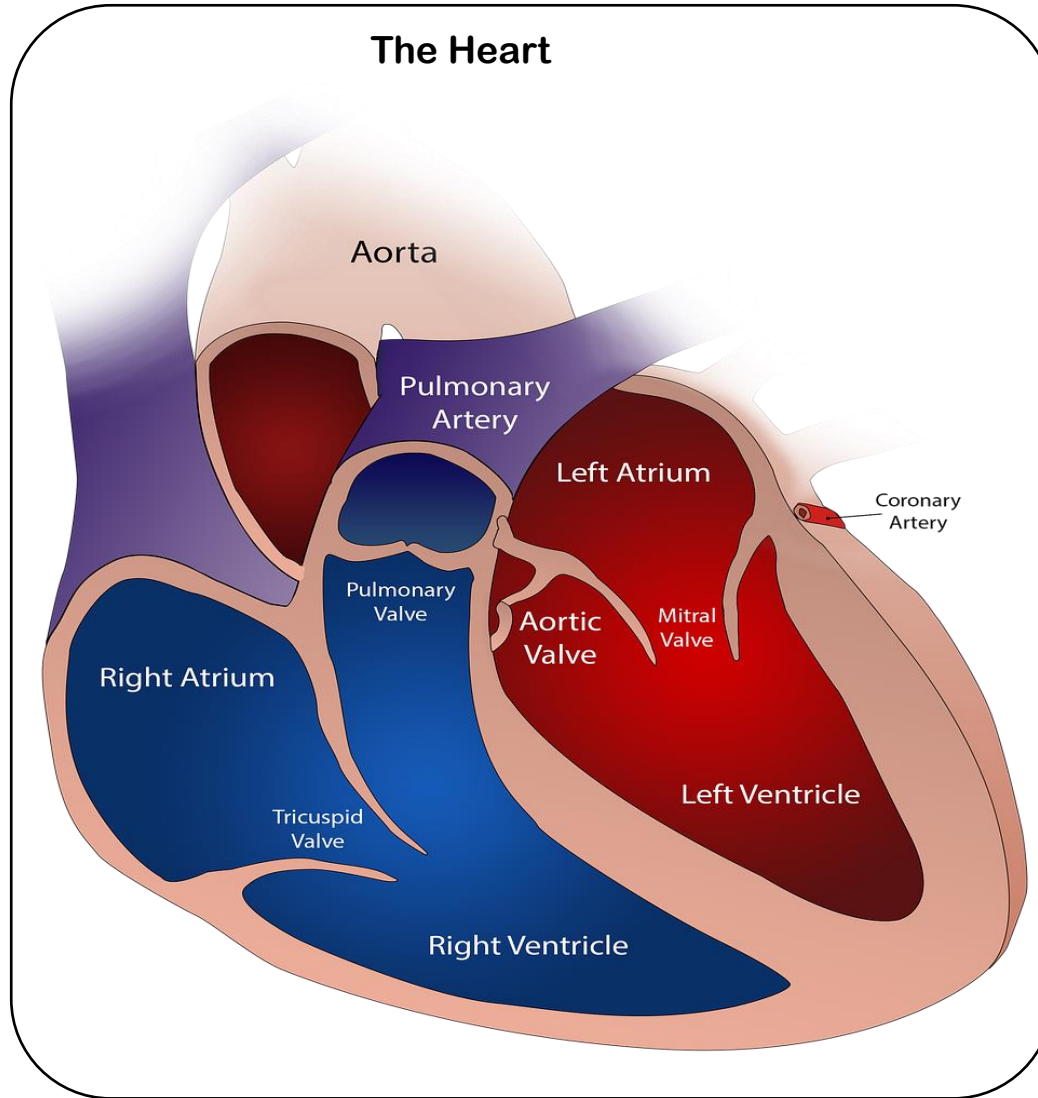




ROCKET WORDS

Learn these words and their definitions.

Key Word	Definition
blood vessels	The tubes through which blood flows around the body.
circulatory system	The system which circulates blood through the body.
oxygenated	When blood is enriched with oxygen from the lungs.
capillary	A very thin tube which carries blood around the body.
heart rate	The speed at which the heart beats or the number of times it beats in a particular period.
addiction	An inability to stop consuming a substance.
nutrients	Something from food that helps living organisms to live and grow.
balanced diet	A healthy way of eating which ensures that the body has all the essential nutrients needed.



Circulatory System

Heart

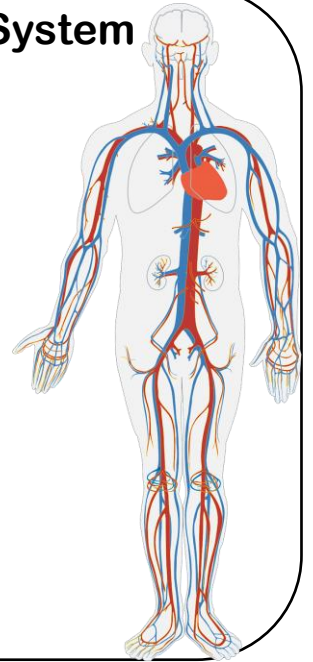
- See diagram

blood vessels

- arteries
- veins
- capillaries

Blood

- plasma
- red blood cells
- white blood cells
- platelets



A healthy heart beats between 60 and 100 times a minute.

Regular exercise will help keep your heart healthy.

Arteries transport blood **away** from the heart and **veins** transport blood **back** to the heart.

