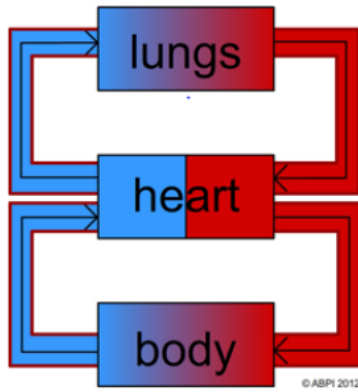


The Function of the Heart:	
1	Deoxygenated blood flows into the heart from the body through the veins
2	This blood is pumped out to the lungs through the pulmonary artery
3	Blood is then oxygenated in the lungs
4	Blood returns to the heart through the pulmonary vein
5	The oxygenated blood is then pumped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

The Heart and Circulatory System
Year 5 and 6 Knowledge Organiser



Components of blood

Plasma
 Transports nutrients, hormones, and proteins. It is a yellow liquid that makes up about 55% of the body's blood volume.

Red blood cells
 Carry fresh oxygen through the body and remove carbon dioxide. Red blood cells make up about 40 to 45% of blood.

White blood cells
 Part of the body's immune system, detect and fight viruses and bacteria. There are five major types of white blood cells, and they make up less than 1% of blood.

Platelets
 Form clots to stop bleeding. Platelets make up less than 1% of blood.



Source: American Society of Hematology

Heart	A strong muscle in the chest protected by the ribs, that pumps blood around the body
Capillaries	Microscopic blood vessels found in the muscles and lungs
Blood Vessels	The tubes that carry blood around the body
Artery (Arteries)	The vessels that take blood away from the heart
Veins	The blood vessels that carry blood back to the heart
Oxygenated blood	Blood that is rich in oxygen
De-oxygenated blood	Blood that contains very little oxygen
Blood	Liquid that travels to every cell in the body transporting nutrients and oxygen. Contains red, white blood cells, plasma and platelets



Daily routine exercise increase blood flow

5 Steps To
KEEP YOUR HEART HEALTHY



HEALTHY Balance Diet
 Eat diet rich in omega 3 fatty acids like soy protein which lowers cholesterol

How to keep your heart healthy...



Mental wellbeing lowers Blood pressure and cholesterol levels



Weightloss helps to maintain Blood pressure & cholesterol levels



STOP SMOKING
 Quit smoking & it will reduce pressure from heart.