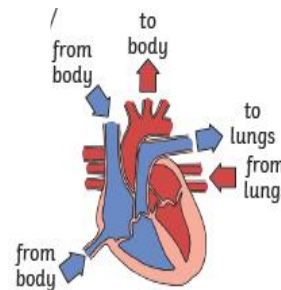
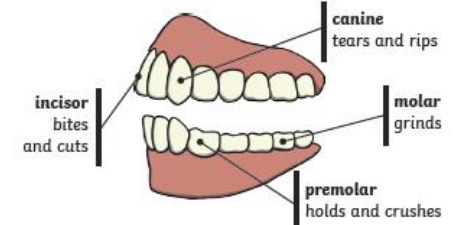


Vocabulary

1. digest	break down food so it can be used by the body	6. heart	organ which constantly pumps blood around the circulatory system
2. teeth	hard structures in the mouth that help with biting and chewing food	7. nutrients	vitamins and minerals that help our bodies to function and grow
3. digestive system	organs working together to break down food and digest it; digestion begins in the mouth and ends in the anus	8. drug	substance that contains natural or man-made chemicals that have an effect on your body when it enters your system
4. circulatory system	a system which includes the heart, blood vessels and blood, transporting substances around the body		
5. blood vessels	tube like structures that carry blood through the tissues and organs; veins, arteries and capillaries are 3 types of blood vessels		



Human Teeth and Their Functions



Key knowledge

The organs in the digestive system break down food so the nutrients can be used by the body.

Humans have 3 main types of teeth; incisors, canines and molars. Incisors bite and chew food. Canines tear and rip food. Molars crush and grind food.

The heart pumps blood to the lungs to pick up oxygen. The heart then pumps this blood around the body.

A healthy diet involves eating the right types of nutrients in the right amounts. Drugs, alcohol and smoking have negative effects on the body.

Regular exercise has many benefits on the body including:

- strengthening muscles including the heart
- improves circulation and increases the amount of oxygen around the body
- helps you sleep easily
- strengthens bones

The Digestive System

