



Key People/Scientists



Claudius Galen - was the greatest physician of his era and was a skilled surgeon and renowned philosopher. He was responsible for numerous advances in the fields of anatomy, physiology and therapeutics



Leonardo Da Vinci - Leonardo's pioneering research into the brain led him to discoveries in neuroanatomy (such as those of the frontal sinus and meningeal vessels) and neurophysiology

Key Questions

What is the circulatory system?

The system that circulates blood through the body, including the heart, blood vessels and blood

What is a healthy diet?

It involves eating the right types of nutrients in the right amounts. This is called a 'balanced diet'. Each of these nutrient types should be consumed over the course of each day but not necessarily at each meal!

What counts as exercise?

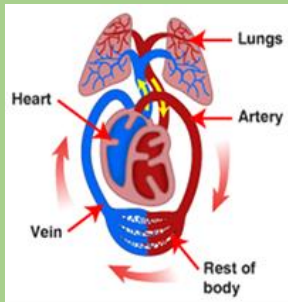
Exercise is physical activity that requires effort, raises your heart rate and works your muscles.

What are the effects of smoking?

Smoking is addictive and can cause health problems including heart disease, cancers and emphysema. Passive smoking can also be harmful which is why in 2007 smoking was banned in all public buildings.

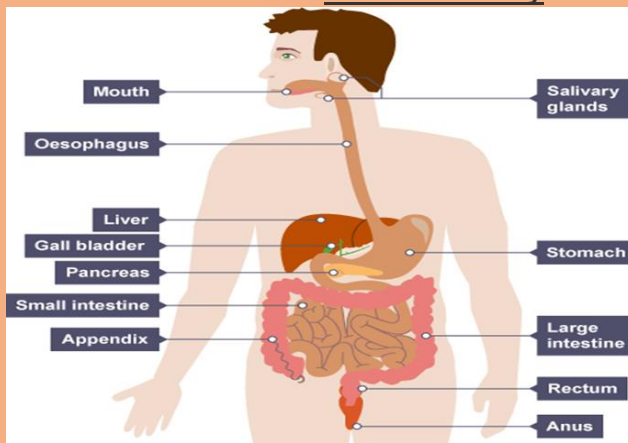
Key facts

Blood is red liquid that circulates in arteries and veins, carrying oxygen to and carbon dioxide from tissues of the body



Diagrams/Visual Aids

The Human Body



Key Vocabulary

Arteries	Muscular-walled tubes that transport blood from the heart to other parts of the body
Blood	Red liquid that circulates in arteries and veins, carrying oxygen to and carbon dioxide from tissues in the body
Blood Vessel	A tubular structure carrying blood through the tissues and organs
Bones	Hard whitish tissue making up the skeleton in humans and other vertebrates
Heart	A hollow muscular organ that pumps the blood through the circulatory system
Lungs	Pair of organs situated within the ribcage where oxygen can pass into the blood and carbon dioxide be removed
Muscles	A band or bundle of fibrous tissues that have the ability to contract, producing movement in or maintaining positions of parts of the body
Nutrients	A substance that provides nourishment essential for the maintenance of life and growth
Organs	Part of an organism that is typically self-contained and has a specific vital function (e.g. the heart and lungs)
Veins	Tubes forming part of the blood circulation system of the body, carrying mainly oxygen-depleted blood towards the heart
Vitamins	Organic compounds essential for normal growth and nutrition