



Subject Specific Vocabulary

heart	An organ that pumps blood around the circulatory system.
circulatory system	System that circulates blood through the body.
blood vessels	Tubular structure that carries blood.
digestive system	System that helps digest nutrients.
nutrients	Substance that provides nourishment.
lungs	Something that helps us breathe.
healthy lifestyle	To eat balanced diet and get regular exercise.
drugs	A medicine or substance that has an effect on the body.
diet	The kind of food someone eats.
exercise	Activity requiring physical effort.

Aspirational Scientist:



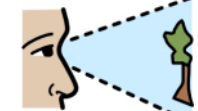
Christiaan Barnard

Christiaan Barnard (8 November 1922 – 2 September 2001) was a South African cardiac surgeon. He worked in the United States from 1955 to 1958. There he learned to refine his techniques and performed his first heart surgery. When he returned to Cape Town, he founded the Grootes Schuur Hospital's first heart unit. December of 1967, when he became the first surgeon to perform a heart transplant on a human being.

Sticky knowledge

A healthy diet is important to fuel the body. An unhealthy diet can lead to health issues.
Exercise is important to keep the body healthy. Exercise can help the heart work more efficiently. Exercise is important for good mental health.
Taking health risks can damage the body. Smoking causes heart attacks, blocked arteries, lung cancer and breathing problems. Tobacco contains nicotine which causes addiction.
Sniffing glue and paint (solvents) is extremely dangerous. It damages the brain and it is also addictive.
Drinking alcohol slows down your reactions. Heavy drinking damages the liver, heart and stomach. Alcohol can also cause blood pressure to rise.
Drugs are chemicals or substances that change the way our bodies work. Some drugs are medicines that help people when doctors prescribe them. Drugs can be dangerous if misused. Many drugs are addictive. Drugs can cause damage to the brain (and other organs of the body).
The digestive system is responsible for breaking food down. In the small intestine, nutrients are absorbed into the blood. In the large intestine, water is absorbed into the body.
Blood moves nutrients, water, oxygen and waste products around the body

Working Scientifically



observing



evaluating