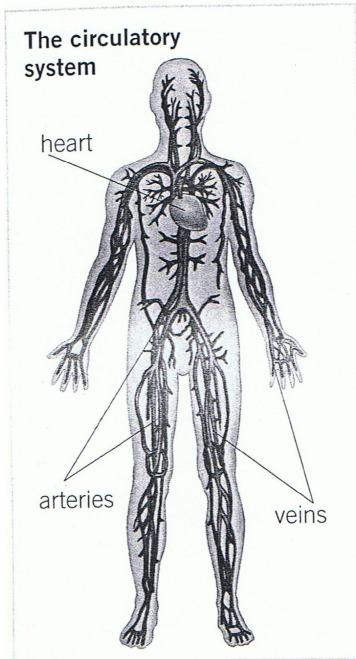


Unit 1: Our body

Worksheet 1: Blood circulation.

A) Read.



Blood

Blood is a very important liquid. It carries oxygen and the substances from digestion to different parts of our body.

Blood also collects waste products.

The journey of our blood around our body is called **circulation**.

The heart

The **heart** is an organ.

It **pumps the blood** around our body.

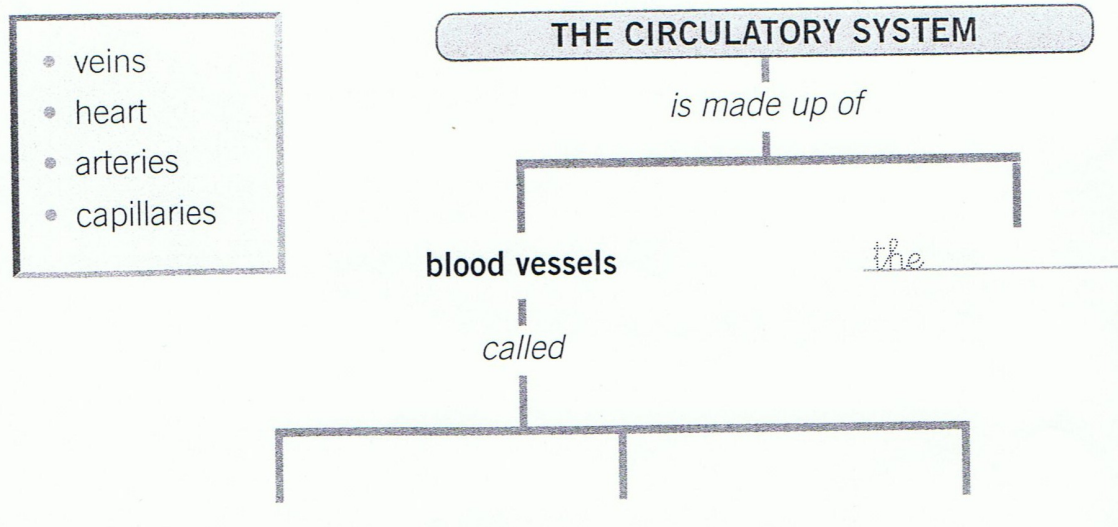
Our heart is between the two lungs.

Blood vessels

Blood circulates around our body inside **blood vessels**. There are three types of blood vessels: arteries, veins and capillaries.

- **Arteries** carry the blood from the heart to the rest of our body.
- **Veins** carry the blood from our body back to the heart.
- **Capillaries** are tiny blood vessels that connect veins and arteries.

B) Complete.

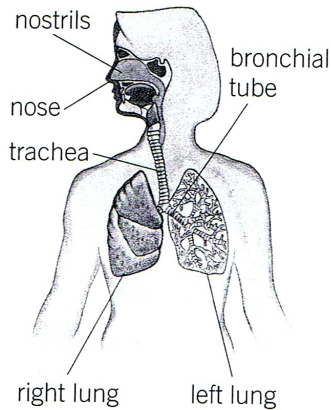


Unit 1: Nutrition

Worksheet 2: Breathing.

1) Read.

The respiratory system



The respiratory system

The respiratory system is made up of the following organs: nostrils, trachea, two bronchial tubes and two lungs.

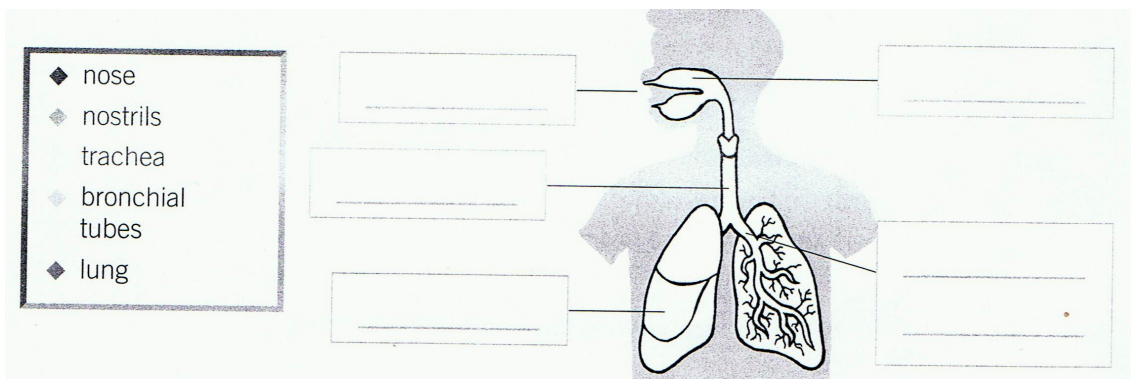
Air enters our body through the **nose** and mouth. It passes through the **nostrils**. It goes down through the **trachea** and the **bronchial tubes**, and into the **lungs**.

Oxygen from the air passes through the walls of our lungs into our blood.

Breathing

- When we **inhale**, our lungs fill with air.
- When we **exhale**, the air leaves our lungs.

2) Label the respiratory organs. Then colour them.



3) What do these people need to breathe?

Think

and write.

