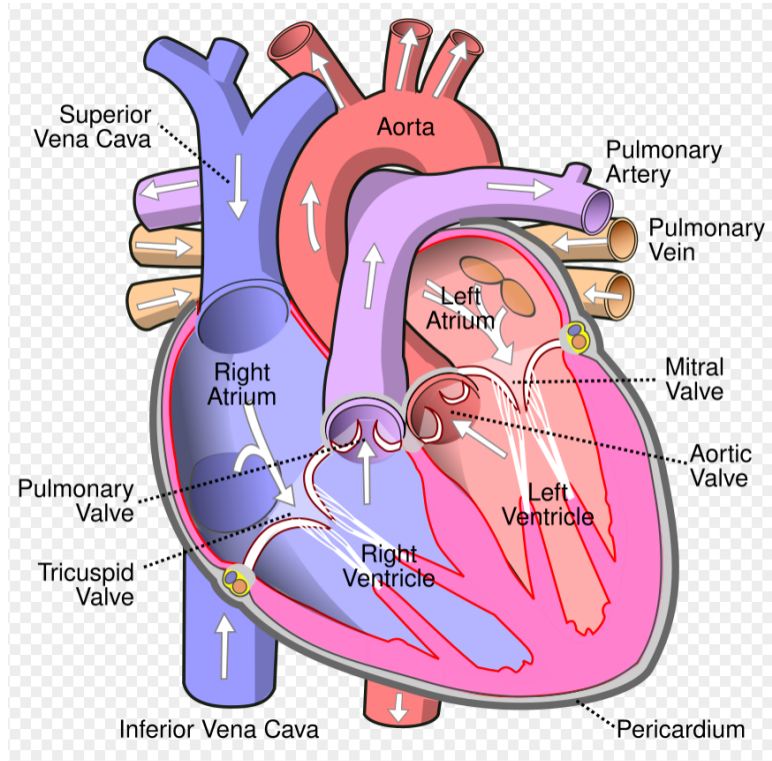










# Why does our heart beat?













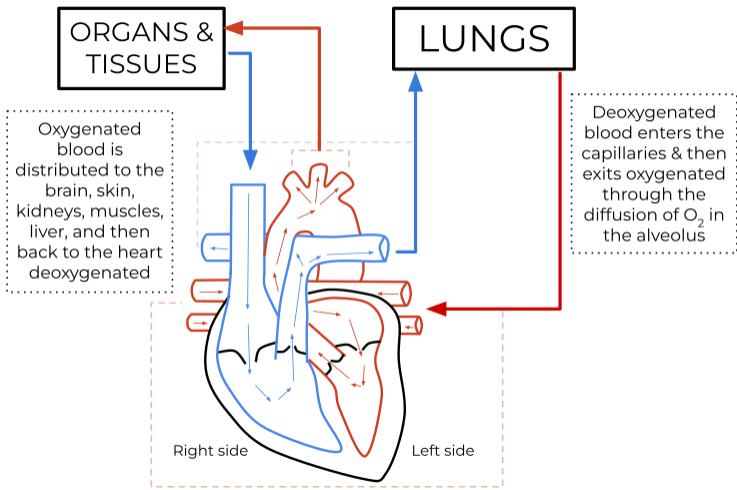
  
The Circulatory System

In humans the circulatory system is made up the

 heart,  blood vessels +  blood. This carries

 nutrients +  water  around the  body.

 heart	 lungs	 oxygen	 blood	 ventricle
 vein	 artery	 pulse	 carbon dioxide	 valid



Diet, exercise, drugs and lifestyle can all impact on our health.

Arteries take oxygenated blood away from the heart to other tissues and organs. They have thick walls.

Capillaries are tiny blood vessels that form a network to take blood to organs and tissues.

Veins carry blood de-oxygenated blood back to the heart.

## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

**Fruit and vegetables**

**Bread, rice, potatoes, pasta and other starchy foods**

**Meat, fish, eggs, beans and other non-dairy sources of protein**

**Foods and drinks high in fat and/or sugar**

**Milk and dairy foods**

**Flakes**

food.gov.uk