



Key Facts Related To Circulatory System
The circulatory system is made up of three parts: the heart, blood vessels and the blood itself. The heart keeps all the blood in the circulatory system flowing.
The blood travels through a network of blood vessels to everywhere in your body. It carries useful materials like oxygen, water and nutrients and removes waste products like carbon dioxide.
Blood transports materials around the body and protects against disease. It contains:
<b>Red blood cells</b> which transport oxygen.
<b>White blood cells</b> which protect against disease.
<b>Blood platelets</b> which help the blood to clot and repair a cut.
<b>Plasma</b> which is a liquid that carries these cells. It also transports important nutrients.

Key Facts Related to Smoking and Drugs
Cigarettes contain lots of different things, including tobacco. Tobacco can damage your lungs and heart as well as cause your body to develop deadly diseases like cancer. The drug found in cigarettes is nicotine. Nicotine is very addictive, which is why some people find it hard to stop smoking.
Tobacco smoke contains more than 4,000 chemicals, including tar, nicotine, benzene, carbon monoxide.
Most drugs are used to help someone get better if they're ill, and we call them <b>medicines</b> . Medicines and drugs can be <b>harmful</b> . You should always check with a <b>doctor</b> or an adult you trust before taking them.

Vocabulary Dozen	
Alcohol	Contains the drug ethanol, which is absorbed into your blood stream (affects brain and nervous system as well as liver).
Drugs	Chemical substances that affect the way our body works.
Emphysema	Chemicals in tobacco damage the alveoli in the lungs.
Medicinal drugs	Chemicals used in medicine to treat the symptoms of a conditions – often prescribed by Doctors.
Recreational drugs	People take these substances for enjoyment (often they are very harmful and have no health benefits).
Passive smoking	When you breathe in somebody else's smoke.
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 of the body.
Circulatory system	The system that circulates blood through the body, including the heart, blood vessels and blood.
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.
Veins	Tubes forming part of the blood circulation system of the body, carrying mainly oxygen-depleted blood towards the heart.

**Home Scientist:**

Whilst at home you can use the link below to watch videos to help you with consolidating your knowledge of the human body.

<https://www.bbc.co.uk/bitesize/topics/zcyycdm>

If you want to try some games to help with your learning use the link below:

<http://www.primaryhomeworkhelp.co.uk/revision/Science/living/humanbody.html>





Timeline of the history of smoking	
500BC	In the Americas smoking was used in rituals.
1560	A Frenchman named Jean Nicot (from whose name the word nicotine derives) introduced tobacco to France. The first report of a smoking Englishman is of a sailor in Bristol in 1556,
1880	John Bonsack created an automated cigarette-making machinery was invented. Factories, located in the southern United States, allowed for the mass production of cigarettes at low costs.
1912	In 1912, American Dr. Isaac Adler was the first to strongly suggest that lung cancer is related to smoking.
1974 - 2014	In 1974 45% of adults smoked compared to 19% in 2014

