
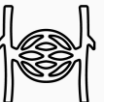


Key Vocabulary:

 **Absorb** Take in or soak up.


 **Artery** Tubes that carry oxygenated blood around the body.


 **Blood vessels** Veins, arteries and capillaries are the three types of blood vessels.

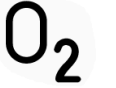
 **Capillaries** The smallest blood vessels in the body where oxygen, nutrients and water are exchanged.


 **Circulatory system** The system that circulates blood around the body.

 **Deoxygenated** Describes blood that is not carrying oxygen.

 **Drugs** A natural or man-made substance that has an effect on your body.

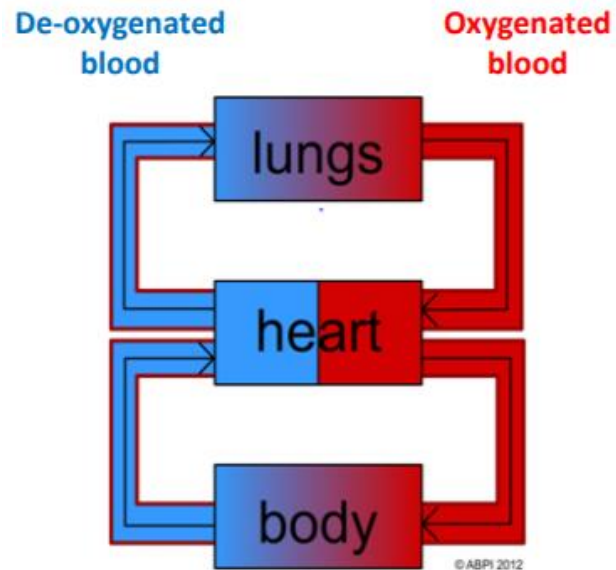
 **Nutrients** A substance that animals need to stay alive, grow and be healthy.

 **Oxygenated** Describes blood that is carrying oxygen.


 **Vein** Tubes that carry deoxygenated blood back to the heart.


Healthy Bodies Healthy Minds

The Circulatory system




What's in our blood?

Plasma  Transports nutrients, hormones, and proteins. It is a yellow liquid that makes up about 55% of the body's blood volume.

Red blood cells  Carry fresh oxygen through the body and remove carbon dioxide. Red blood cells make up about 40 to 45% of blood.



Platelets  Form clots to stop bleeding. Platelets make up less than 1% of blood.

White blood cells  Part of the body's immune system, detect and fight viruses and bacteria. There are five major types of white blood cells, and they make up less than 1% of blood.

Source: American Society of Hematology

Cooking techniques



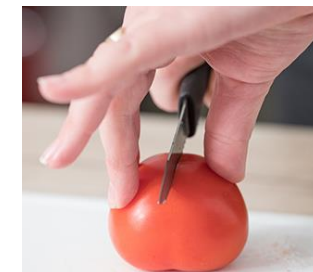
Boiling and simmering



Grating



The claw



The bridge

Mental health

Mental health is:

- How we think, feel and behave
- But this can change all of the time, based on our habits, decisions and daily life!
- There are things we can do to keep to support this.

We can improve our mental wellbeing by:

- Exercising regularly
- Connecting with other people
- Eating a healthy balanced diet
- Being kind to oneself and others
- Being present in the moment (mindfulness)



Visit the Thinkuknow website if you are worried about something .

YOUNGMINDS

Visit the YoungMinds website if you need support with your mental health.