

Healthy living video

Watch the video and fill in the gaps:

1. The job of the heart is to \_\_\_\_\_ blood around our body.

2. The blood vessels (tubes) that carry blood AWAY from the heart are called

\_\_\_\_\_.

3. The blood vessels that carry blood TO the heart from the rest of the body are called

\_\_\_\_\_.

4. The gas that the blood picks up from the lungs is \_\_\_\_\_.

5. The gas that the blood drops off at the lungs so the lungs can breathe it out is called

\_\_\_\_\_.

6. The part of the blood that carries oxygen around the body are the \_\_\_\_\_

\_\_\_\_\_.

7. The part of the blood that destroys bad bacteria that could make us ill are the

\_\_\_\_\_

\_\_\_\_\_.

8. \_\_\_\_\_ in our blood cause it to clot

when we get a cut.

9. The clot stops the \_\_\_\_\_ from getting out and bad

\_\_\_\_\_ from getting in.

10. The part of the blood that carries food, carbon dioxide and waste products around our body

is called the \_\_\_\_\_ (Yellow liquid).

11. If we exercise on a regular basis, our heart gets \_\_\_\_\_

and so, as a consequence, doesn't have to \_\_\_\_\_ as often.

12. If we exercise on a regular basis, our lungs become able to take in

\_\_\_\_\_ air. This means we don't have to \_\_\_\_\_

as often.

13. Carbohydrates in our food give our body \_\_\_\_\_.

14. Protein in our food help us to \_\_\_\_\_ and to

\_\_\_\_\_ our body when it gets damaged.

15. Fat in our food is used as a \_\_\_\_\_ of energy.

16. Vitamins in our food keep us \_\_\_\_\_.

17. 2 minerals we can get from our food are \_\_\_\_\_ and

\_\_\_\_\_. Minerals help us to stay

\_\_\_\_\_.

18. Eating foods which contain fibre help prevent us from getting a painful condition called

\_\_\_\_\_.

19. The organ in our body which is damaged if we drink too many alcoholic drinks on a regular

basis is the \_\_\_\_\_.

20. We react much more \_\_\_\_\_ when we have drunk

alcohol. This is why it is a very bad idea to drink and \_\_\_\_\_.

21. The drug inside cigarettes that our body can become addicted to is called

\_\_\_\_\_ . Regular smoking can lead to

\_\_\_\_\_ cancer and \_\_\_\_\_

disease.