

Year 6 Science: Animals Including Humans with Nova and Bea

Learning objective: To understand the structure and function of the human circulatory system and the impact of diet, exercise, and lifestyle on the body.

Read the front of each flashcard carefully. Try to answer the question or define the term before checking the answer provided after the pipe symbol. Use these to test your knowledge of human biology.

Which organ acts as a pump to push blood around the human body?

The heart.

What are the three main types of blood vessels in the human body?

Arteries, veins, and capillaries.

Nova wants to know: what is the main purpose of the circulatory system?

To transport oxygen, nutrients, and waste products around the body.

Bea explains that blood travels away from the heart in which type of vessel?

Arteries.

What gas do humans need to breathe in to help their muscles work during exercise?

Oxygen.

Why is regular physical exercise important for a healthy heart?

It strengthens the heart muscle and improves the efficiency of the circulatory system.

How do nutrients from the food we eat enter our bloodstream?

They are absorbed through the walls of the small intestine into the blood.

What is the role of the capillaries in the circulatory system?

They allow the exchange of oxygen, nutrients, and waste between the blood and the body's cells.

True or False: A balanced diet only includes fruit and vegetables.

False. A balanced diet should include a variety of food groups, including carbohydrates, proteins, fats, vitamins, and minerals.

What effect can smoking have on the human body's circulatory system?

It can damage the heart and blood vessels, leading to serious health problems.

Nova asks: what do red blood cells primarily carry?

Oxygen.

Why is water important for the human body?

It helps to transport nutrients, regulate body temperature, and remove waste products.