

The Human Body: Systems and Health

Learning objective: To identify and explain the functions of the circulatory system and the impact of lifestyle on human health.

Use this scaffold to write a scientific report about how the human body works. Use the word bank to help you link your ideas together.

The human body is an intricate machine, powered by a complex network of systems that work in harmony to keep us healthy and active.

Word bank: furthermore · consequently · oxygenated blood · circulatory system · nutrients · essential · cardiovascular · in addition · vital · nevertheless

1. Introduction: Describe the primary function of the circulatory system. Start your paragraph with: The circulatory system acts as the body's transport network because... (2 marks)

2. The Heart and Lungs: Explain how the heart and lungs work together. Start your paragraph with: A vital part of this process involves the lungs, where... (3 marks)

3. Nutrients and Water: Why does the body need a balanced diet? Start your paragraph with: In addition to oxygen, the blood carries nutrients absorbed from food, which are necessary for... (2 marks)

4. Lifestyle Choices: How do exercise and harmful substances affect the body? Start your paragraph with: Maintaining a healthy lifestyle is crucial; for example, regular exercise strengthens the heart, whereas... (3 marks)

5. Conclusion: Summarise your findings. Start your paragraph with: In conclusion, keeping our body systems functioning correctly is essential for long-term health because... (2 marks)

Extension challenge: Nova the owl wants to know more! Research and write a short paragraph explaining how the digestive system provides the energy required for the circulatory system to function.