

Nova's Human Body Bonanza

Learning objective: To identify and describe the functions of the main parts of the human circulatory system, and recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.

Join Nova the barn owl on a flight through the human body! Read each question carefully and circle the best answer. Good luck, young scientists!

Answer Key: 1. B (Heart), 2. True, 3. False (it carries oxygen and nutrients), 4. A (To get more oxygen to muscles), 5. Pulse, 6. C (Small intestine), 7. False, 8. B (Water), 9. True, 10. Veins.

Word bank: Circulatory · Heart · Nutrients · Oxygen · Pulse · Arteries · Veins · Capillaries · Exercise · Lungs

1. Which organ acts as a pump to push blood around your body? A) Lungs B) Heart* C) Stomach D) Brain (1 mark)

2. True or False: Your circulatory system is made up of your heart, blood vessels, and blood. (1 mark)

3. True or False: Blood only carries waste products away from the body. (1 mark)

4. Why does your heart rate increase during exercise? A) To get more oxygen to muscles* B) To cool the body down C) To store extra energy D) To stop the brain from shaking (1 mark)

5. What do we call the rhythmic throbbing of the arteries caused by the beating of the heart? (One word answer) (1 mark)

6. Where are nutrients from food absorbed into the bloodstream? A) Mouth B) Stomach C) Small intestine* D) Large intestine (1 mark)

7. True or False: Smoking has no negative effect on the human circulatory system. (1 mark)

8. Which of these is the healthiest drink for your body? A) Sugary fizzy pop B) Water* C) Energy drinks D) Flavoured syrup (1 mark)

9. 9. True or False: A balanced diet provides the body with the nutrients it needs to function correctly. (1 mark)

10. 10. Which type of blood vessel carries blood back towards the heart? (One word answer) (1 mark)

Draw: Draw a labelled diagram showing how the heart pumps blood to the lungs to collect oxygen and then to the rest of the body.



Extension challenge: Nova wants to know: If a healthy heart beats 70 times in one minute, how many times will it beat in one hour? Show your working out using your maths skills!