UNIT 2. WE LOOK AFTER OUR BODY SYSTEM

HOW DOES THE RESPIRATORY SYSTEM WORK?

- THE AIRWAYS: nose, nostrils, pharnynx, larynx, vocal cords, trachea, bronchi and bronchioles.
- THE LUNGS: lungs are in a ribcage, contain bronchioles and alveoli
- BREATHING
  - Inhalation
  - Exhalation

WHAT ARE THE PARTS OF THE CIRCULATORY SYSTEM?

- FUNCTION: carry nutrients and oxygen to the cells.
- HEART: located in the ribcage, made of muscles, umps the blood. Four parts: two atria and two ventricles.
- THE BLOOD VESSELS: arteries, veins and capillaries
- THE BLOOD: plasma, platelets, white blood cells or leukocytes, red blood cells or erythrocytes

HOW DOES THE EXCRETORY SYSTEM WORK?

Urinary system: kidneys, bladder, ureters and urethra.
Respiratory system: carbon dioxide
Liver: toxins
Skin: sweat.

HOW DOES THE CIRCULATORY SYSTEM WORK?

- PULMONARY CIRCULATION
  - The blood travels from the heart to the lungs
- SYSTEMIC CIRCULATION
  - The blood travels from the heart to the body

HOW CAN WE LOOK AFTER THE BODY SYSTEMS?

- HEALTHY HABITS: physical exercise and healthy diet.
- Good ventilation, good hygiene and avoid stress
- Avoid harmful drugs: tobacco, alcohol, other drugs.

LIVEWORKSHEETS