

ACTIVITY 7 HOW CAN WE LOOK AFTER OUR BODIES?

As you learned, your heart, lungs and blood vessels are vital for your circulatory system to work properly. Let's see how we can keep them healthy.

STARTER

Can you think of things that are healthy and unhealthy for hearts and lungs. Try to remember some of the things that Sarah does to stay healthy.

Healthy for heart and lungs

Unhealthy for heart and lungs

Q1

What do you do to look after your heart and lungs?

1

2

3

4

5

INFO

By doing exercise regularly, our hearts get fitter and bigger and our lungs get stronger and increase in size. We also feel healthier.

Did you know that an adult has nearly 60,000 miles of blood vessels in their body and over 9 pints of blood? That's a lot to keep healthy!