

Project glossary

aerobic exercise

An exercise that requires the heart to pump more oxygenated blood to working muscles.

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antibody

A protein in the blood produced by white blood cells to fight infection and other types of disease.

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aorta

The largest artery in the body.

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artery

A type of blood vessel that carries blood from the heart to other parts of the body.

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atrium

A chamber at the top of the heart on each side.

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blood

A liquid made up of red blood cells, white blood cells, plasma and platelets that circulates in the body, carrying nutrients and waste.

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blood pressure

A measure of the force of blood against the walls of the arteries as it circulates around the body.

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blood vessel

A flexible tube that transports blood around the body.

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bone marrow

A jelly-like substance inside bones that makes blood cells.

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capillary

A tiny blood vessel that allows nutrients to pass from the blood into the body's tissues and waste products to pass from the tissues into the blood to be excreted.

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carbohydrate

A nutrient that is the body's main source of energy and is found in foods such as potatoes and pasta.

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carbon dioxide

A waste gas excreted when an animal breathes out.



cell

The most basic unit of life from which all living things are made.

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cholesterol

A fatty substance found in the blood and tissues of animals.

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circulatory system

All the body parts that work together to move blood around the body.

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clot

A semi-solid lump, such as a lump of blood.

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deoxygenate

To remove oxygen.

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digestive system

All the body parts that work together to digest food.

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endocrine system

The glands and organs that make hormones and release them into the blood.

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excretion

The process of expelling waste.

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excretory system

The organs, including the kidneys and bladder, that expel waste from the body.

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haemoglobin

A protein in red blood cells that holds on to oxygen before releasing it around the body.

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heart

A muscular organ that pumps blood around the body through the blood vessels.

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heart rate

The number of times the heart beats per minute.

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hormone

One of many chemical messengers produced inside the body of an animal or plant that controls growth or other bodily processes.



immune system

A network of organs, cells and chemicals that protects the body from infections and other diseases.

immunity

To have protection from infection and disease.

lumen

The inside space of a tube, such as a blood vessel.

muscular system

Soft tissues usually made up of many stretchy fibres that contract to create movement in the body.

nervous system

All the body parts that work together to send and receive signals throughout the body.

nutrient

A substance that plants and animals need to grow, live and stay healthy.

organ

A body part that performs a specific function.

oxygen

A gas found in air that is an essential nutrient needed by plants and animals to live.

oxygenate

To add oxygen to something.

oxygenated

Contains oxygen.

plasma

The yellowish liquid part of blood that carries red blood cells, white blood cells and platelets around the body. It also helps to distribute heat through the body.

platelet

A small cell fragment in the blood that clumps with others to stop bleeding.

processed food

Food that has been changed during its preparation.



protein

A nutrient found in foods such as meat and lentils that helps our bodies to grow, repair and build muscle.

pulmonary artery

The artery that carries deoxygenated blood to the lungs.

pulmonary vein

A vein that carries oxygenated blood back into the heart.

pulse rate

The number of times the heart beats per minute.

red blood cell

A type of blood cell that carries oxygen from the lungs to other parts of the body and waste carbon dioxide to the lungs to be excreted.

reproductive system

All the body parts involved in producing offspring.

respiratory system

All the body parts that work together to absorb oxygen and excrete carbon dioxide.

resting heart rate

The number of times your heart beats per minute when you are at rest.

saturated fat

A type of fat found in foods, which can have a negative effect on health.

septum

A wall of tissue that divides two chambers, such as the right and left sides of the heart.

skeletal system

A frame of bones that supports the body, gives it shape and protects its organs.

tissue

A group of similar cells that perform a specific function in the body.

unsaturated fat

A type of dietary fat found in foods such as oily fish, nuts and vegetable oils, which can be part of a healthy diet.



valve

A structure in the body that prevents blood from flowing backwards.

vein

A type of blood vessel that carries blood back to the heart from other parts of the body.

vena cava

The largest vein in the body.

ventricle

A chamber at the bottom of the heart on each side.

white blood cell

A type of blood cell that fights infection and other diseases.

Scientific terms glossary

compare

To look at two or more things closely and see what is the same or different.

conclusion

An explanation of what has been found out using data collected.

correlation

A relationship between the variables on a scatter graph.

data

Collected information or facts, including numbers, words, measurements or observations.

diagram

A drawing with labels that shows the parts of something.

hypothesis

An idea or explanation for something that has not yet been proved.

investigation

An activity that involves a person studying a subject or problem carefully to learn facts or answer a question. An investigation includes a planning, doing, recording and reviewing stage.



measure

The exact amount of something, such as the length, height or volume in standard units.

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observe

To watch or look at something carefully.

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prediction

A statement made by a person where they say what they think will happen in the future, using their knowledge or experiences.

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question

Something we ask using the words how, what, where, who and why.

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scatter graph

A way of displaying data. It is a type of graph used to show the relationship between two sets of data, called variables.

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variable

A factor, such as an object or condition, that changes during an investigation.

