

## **Our body systems activity:**

### **Respiratory system**

Its function is to obtain oxygen and expel carbon dioxide. It is made up of the nose, the lungs and the respiratory tract.

### **Circulatory system**

It moves oxygen and nutrients to all the cells in our body. It is made up of the heart, blood vessels and the blood.

### **Excretory system**

It eliminates the waste from our body. It is made up of the kidneys, the ureters, the urethra and the bladder.

### **Alcohol and tobacco**

They are unhealthy habits that damage your lungs and heart. Drinking water and eating healthy food are good for your health.

### **Giving blood**

When people give blood to help other people, it is called a blood transfusion. Any healthy adult can be blood donor. There are four blood groups: A, B, AB, O.

### **Heart**

It is in the middle of the chest. It is of the size of a fist. It pumps blood through the blood vessels to the rest of the body.