

# 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.

**cholesterol**

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

**circulatory system**

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

**clot**

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

**deoxygenate**

To remove oxygen.

**digestive system**

All the body parts that work together to digest food.

**endocrine system**

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

**excretion**

The process of expelling waste.

**excretory system**

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

**haemoglobin**

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

**heart**

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

**heart rate**

The number of times the heart beats per minute.

**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.

