

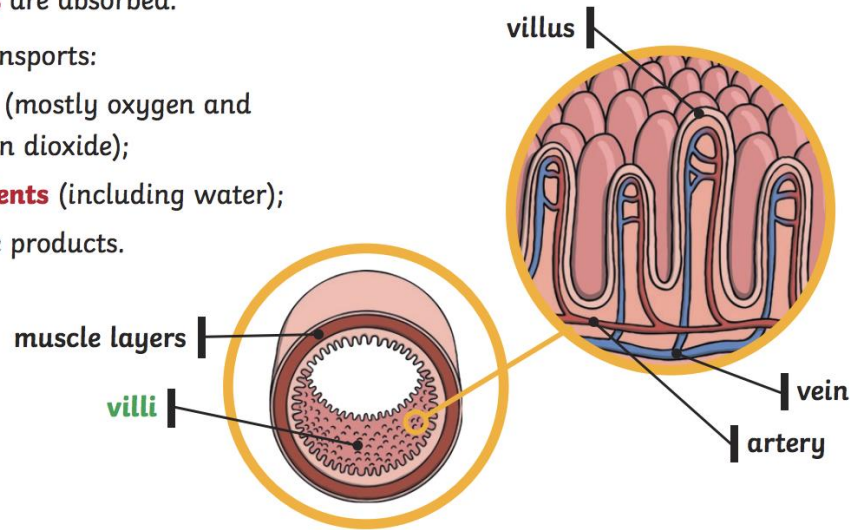
**Key Knowledge**

**Inside the Small Intestine**

The **nutrients** pass through the **villi** and are absorbed into the blood vessels. Water is absorbed in the small intestine in exactly the same way as other **nutrients** are absorbed.

Blood transports:

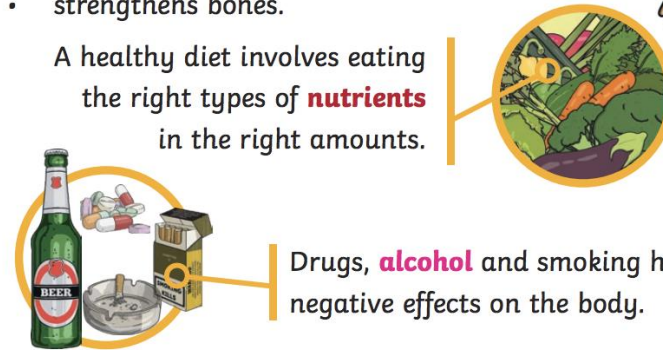
- gases (mostly oxygen and carbon dioxide);
- **nutrients** (including water);
- waste products.



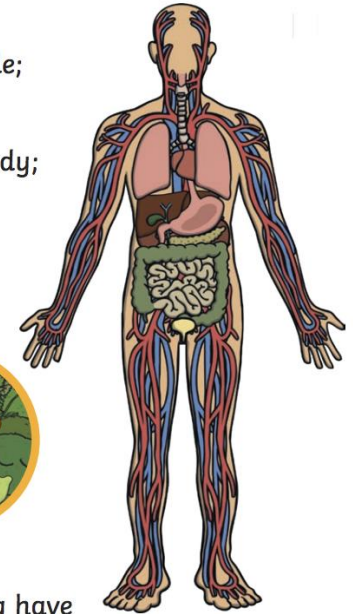
Regular exercise:

- strengthens muscles including the heart muscle;
- improves circulation;
- increases the amount of oxygen around the body;
- releases brain chemicals which help you feel calm and relaxed;
- helps you sleep more easily;
- strengthens bones.

A healthy diet involves eating the right types of **nutrients** in the right amounts.



Drugs, **alcohol** and smoking have negative effects on the body.



**Key Vocabulary**

<b>villi</b>	Structures in the small intestine which help absorb nutrients.
<b>nutrients</b>	Substances that animals need to stay alive and healthy.
<b>kidneys</b>	Organs which filter blood and make urine from waste and excess water.
<b>liver</b>	An organ which processes waste from the blood and produces bile.
<b>drug</b>	A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.
<b>alcohol</b>	A <b>drug</b> produced from grains, fruits or vegetables when they are put through a process called fermentation.