

Respiratory System Function

To move fresh air into your body while removing **waste gases (carbon dioxide)**. Once in the lungs, **oxygen** is moved into the bloodstream and carried through your body.

Parts of the Respiratory System

Nose
pharynx (throat)
larynx (voice box)
trachea (windpipe)
bronchi
lungs

Circulatory System Function

The **circulatory system**, also called the **cardiovascular system** moves **oxygen and nutrients** to your body's cells to use for **energy, growth and repair**. It also removes **carbon dioxide and other waste products** that your cells do not need.

Circulatory System 101

Blood low in oxygen collects in the heart's right atrium	The high in oxygen blood moves to the left atrium
It moves into the right ventricle and gets pumped into the lungs	It moves into the left ventricle . The ventricle pumps the blood through the aorta and arteries ..
Red blood cells pick up the oxygen and get rid of the carbon dioxide	The blood gathers nutrients from the small intestine
You then exhale the carbon dioxide	The blood enters the capillaries and makes contact with tissue and cells , where it delivers oxygen and removes carbon dioxide and waste.
	The blood travels back to the heart's right atrium and they cycle starts again.

Digestion

Digestion is the process of breaking down complex foods into **simple nutrients that the body can absorb**.

Physical and Chemical Digestion

Physical Digestion	Chemical Digestion
Slicing, grinding and mixing. Breaking substances into smaller pieces	Using chemical reactions to convert substances into simpler chemicals
No new substances are introduced	So that nutrients can be easily absorbed

Muscles that aid the respiratory system

Lungs are not muscles and can't move on their own. They are helped by the **diaphragm** and the **intercostal** muscles between the ribs.

Breathing 101

What happens when we breathe in	What happens when we breathe out
Inspiration Happens	Expiration Happens
You breathe in by contracting your diaphragm . This causes the chest to expand , drawing air in through your nose .	The diaphragm relaxes
The intercostal muscles contract to make room for the air.	The intercostal muscle relaxes and the air is forced out through the lungs .
Air then passes into through the upper airways , including the trachea (windpipe) and bronchi to reach your lungs .	Our chest becomes smaller as all the air is gone.

Key parts of circulatory system

Blood	Made up of red and white blood cells
The heart	a muscular organ that pumps blood to all parts of the body
Blood vessels	Includes arteries, capillaries and veins to carry blood pumped by the heart

Difference between arteries and veins.

Arteries	moves blood away from heart
Veins	carries blood to the heart

The Digestive System

A group of **organs** that food passes through and is broken down called the **Digestive tract**

Other organs that help digestion **saliva glands, liver and pancreas**

Digestive Tract

Stomach	The stomach is a large muscle that breaks down food with acid
Small Intestine	An 11-foot coil of tube where most of the nutrients of food are absorbed
Large Intestine	Main job is to extract water from the digested food. Bacteria produce enzymes that break down complex carbs

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