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 bloods-tream 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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