

Science: Fit and Healthy Knowledge Organiser

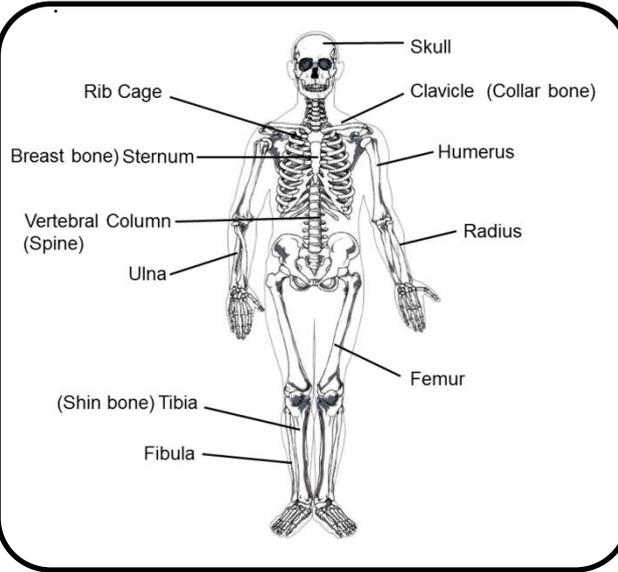
Year 7: TERM 3 Date : _____

Alcohol

- Excess alcohol damages liver cells
- Eventually the liver can stop working

Alcohol can also cause :-

- Stomach cancer
- Ulcers (stomach acid eats away at stomach lining)
- Mouth, throat or tongue cancer
- Brain damage



KEY WORDS

Skull	The bone that protects the brain
Clavicle	The bone also known as the collarbone
Sternum	The bone also known as the breast bone that protects your heart
Vertebral column	Also known as the spine
Humerus	One of the bones in the arm
Radius	One of the bones in the arm
Ulna	One of the bones in the lower arm
Femur	The thigh bone
Tibia	The shin bone
Fibula	The calf bone
Ball and socket	A type of joint that allows for circular movement, e.g. the hip joint
Hinge joint	A type of joint that only allows movement in one dimension, e.g. the elbow
Antagonistic pair	A pair of muscles that work together, when one contracts the other relaxes
Contract	To shorten or tighten
Relax	To lengthen or slacken
Red blood cell	A cell which carries oxygen
White blood cell	A cell which protects against disease
Plasma	The liquid part of the blood which carries glucose, minerals, carbon dioxide and urea
Haemoglobin	The pigment found in red blood cells which carries oxygen
Urea	A waste product found in blood which is excreted in urine
Platelets	Fragments of cells which form clots when you have a cut
Nicotine	The chemical in cigarettes which is addictive
Tar	The chemical in cigarettes which causes cancer
Carbon monoxide	A chemical you breath in when smoking which poisonous
Addiction	Is when you have to take a drug otherwise you will get withdrawal symptoms.
Stimulant	A type of drug that increases the heart rate and makes you alert
Depressant	A type of drug that decreases the heart rate and makes you relaxed
Drug	Any substance which affect the body's chemical reactions

Side effects of smoking

