

9Ba – A model career/Fighting fit

Word	Pronunciation	Meaning
aerobic respiration		Process that releases energy from food. Needs oxygen from the air. Carbon dioxide is produced as a waste gas.
breathing rate		The number of breaths taken in one minute.
breathing system		Made up of the trachea, bronchi and lungs. Gets oxygen into the blood and takes carbon dioxide out of the body. Also called the respiratory system.
circulatory system		Organ system containing the heart and blood vessels.
criteria	<i>cry-teer-ee-a</i>	Set of rules that are used to judge how good or poor something is. Singular = criterion.
digestive system		The group of organs that carries out digestion.
heartbeat rate		The number of times the heart beats in one minute.
organ system		Collection of organs working together to do an important job.
respiratory system		Another name for the breathing system.
social behaviour		How an animal communicates with or reacts to other animals of the same species.

9Bb – Easy breathing/Smoke signals/Striking a balance

Word	Pronunciation	Meaning
anaemia		Deficiency disease caused by a lack of iron. Causes tiredness and shortness of breath.
anorexia		Disease in which someone eats too little and becomes dangerously thin.
balanced diet		Eating a variety of foods to provide all the things the body needs.
breathing		Moving muscles to make air flow into and out of the lungs.
cilia		Small hairs on the surface of some cells.
ciliated epithelial cells		Cells in the tubes leading to the lungs that have microscopic hairs, cilia, growing from them.
deficiency disease		A disease caused by a lack of a vitamin or mineral.
diaphragm	<i>dye-a-gram</i>	Sheet of muscle underneath the lungs. It helps to work the lungs during breathing.
exhalation		Breathing out.
gas exchange		Process where oxygen diffuses into the blood and carbon dioxide diffuses out of the blood. It happens in the alveoli in the lungs.
heart attack		When the heart muscles start to die because too little blood is getting to them.
inhalation		Breathing in.
kwashiorkor	<i>kwash-ee-or-kor</i>	Deficiency disease caused by a lack of protein.

9Bb – Easy breathing/Smoke signals/Striking a balance (continued)

Word	Pronunciation	Meaning
lung cancer		A disease when cells in the lungs start to divide and grow uncontrollably.
mucus		A sticky fluid produced by your body to trap particles.
nicotine	<i>nick-O-teen</i>	Poisonous, addictive drug found in cigarettes.
night-blindness		Deficiency disease caused by a lack of vitamin A. You cannot see very well in dim light.
nutrient		A part of your food that is used as a raw material (fat, carbohydrate, protein, vitamins, minerals).
premature		A baby that is born too early and small is said to be premature.
rickets		Deficiency disease caused by a lack of calcium. It causes weak and poorly shaped bones.
scurvy	<i>skur-vee</i>	Deficiency disease caused by a lack of vitamin C. The gums bleed and cuts take a long time to heal.
stroke		When the nerve tissue in the brain starts to die because too little blood is getting to it.
tar		A poisonous, black, sticky substance found in cigarette smoke.
ventilation		The movement of air into and out of the lungs.

9Bc – Drink and drugs

Word	Pronunciation	Meaning
addictive		If something makes you feel that you need to have it, it is said to be addictive.
caffeine	<i>caff-een</i>	A stimulant that increases the speed at which nerves carry impulses. Found in coffee, tea and cola drinks.
cannabis		A drug that can cause memory loss.
cocaine	<i>cO-cane</i>	Very powerful and harmful stimulant that causes blocked arteries and mental problems.
depressant		Drug that decreases the speed at which nerves carry impulses, e.g. alcohol.
drug		Substance that affects the way your body works.
ecstasy		A stimulant that can cause depression, mental illness and even death.
heroin		A very dangerous depressant drug. Causes vomiting and severe headaches.
impulse		Electrical signal carried by a nerve cell.
medicine	<i>med-iss-in</i>	A drug that helps the body to ease the symptoms of a disease or cure the disease.
neuron	<i>nyour-on</i>	A cell that carries signals round the body.

9Bc – Drink and drugs (continued)

Word	Pronunciation	Meaning
recreational drug	<i>reck-ree-ay-shun-al</i>	A drug used for its mind-altering effect rather than as a medicine.
side-effect		Harmful or unpleasant effects caused by drugs.
solvent		A liquid used to dissolve things.
solvent abuse		Sniffing solvents used in glue and other things.
stimulant	<i>stim-you-lant</i>	Drug that increases the speed at which nerves carry messages, e.g. caffeine.

9Bd – Muscles and bones

Word	Pronunciation	Meaning
antagonistic pair	<i>ant-tag-on-iss-tick</i>	Two muscles that work a joint by pulling in opposite directions, e.g. biceps and triceps.
biceps	<i>bye-seps</i>	Muscle at the front of the upper arm that can contract and move the lower arm upwards.
contract		When a muscle becomes fatter and shorter.
joint		Part of the body where bones are moved by muscles.
relax		When a muscle stops contracting and becomes thinner and longer, it relaxes.
skeleton		All the bones in the body of a vertebrate.
skull		Collection of bones that protect your brain.
triceps	<i>try-seps</i>	Muscle at the back of the upper arm that can contract and move the lower arm downwards.
vertebra		Your 'backbone' is made of many bones called vertebrae.