

blood



red blood cells



white blood cells



platelets



plasma



oxygen



oxygenated



deoxygenated



immune system



clotting



heart



lungs



arteries



veins



blood vessels



valve



atrium



ventricle



protein



fats



dairy



vitamins



water



fibre



nutrition



diet



nutritionist



carbohydrates



physical activity



exercise



heart rate



mental health



health behaviours

