Blood delivers nutrients, _________________________, and other substances that your body needs to function properly.

Plasma
- The ___________________ part of blood.
- Job = carry blood cells, nutrients, and other ___________________ throughout body.

Blood Cells
- Two types of blood cells
  - Red and ____________________ blood cells are carried in the plasma
  - Tiny pieces of cells also in the plasma are called____________________
- Bone Marrow: formed from red blood cells, white blood cells, and the_____________________. Each has a different job.
- Red Blood Cells
  - More than any other cell in your blood
  - Job = pick up __________________ from lungs and carry it to your body’s __________________.
- White Blood Cells
  - Protect body from _________________________________
  - Many _________________________________
  - Keep germs and ________________________________ out
  - Platelets are pieces of a special type of white blood cell.
    - Help form ________________________ on cuts
How do platelets stop cuts from bleeding? Pg. 61

Blood Vessels:
- They carry blood to every part of the body. There are ________ major types.
  1. Arteries carry blood from heart to cells.
     a. Ones that connect to heart are large.
     b. Branch out into smaller and smaller arteries.
  2. Capillaries are the ________________, thinnest, and most numerous blood vessels. They branch off from the smallest _________________.
     a. Nutrients and oxygen pass from capillaries directly into cells.
     b. Waste moves from cells into the _________________.
     c. They then carry blood into _________________.
  3. Veins carry blood from the capillaries back to your _________________.

Why does a heart attack happen? Pg. 64

Why does your heart beat faster when you play in a soccer game?
How do your heart muscles know when to work faster? Pg. 66

- Waste builds up because muscles are working hard.
- Brain sends messages to your _______________ muscles.
- These messages “tell” them to work harder.
- These messages are sent by your __________________ system.

**Why does your face get so red when you exercise?**

- When muscle cells make energy, they also make _____________.
- This heats up your ____________________________.
- Heated blood carried to all parts, which warms you up.
- Your body works to cool itself down to protects its cells.
  - Blood vessels expand so more ________________ can flow.
  - Warmed blood moves into skin, making parts of the body look red.
  - Heat leaves your body.

**Name two heart-healthy habits.** ______________________________

______________________________________________________________