

Name \_\_\_\_\_ Date \_\_\_\_\_

## The Circulatory System Pages 60-68

**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 protect 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. \_\_\_\_\_

---