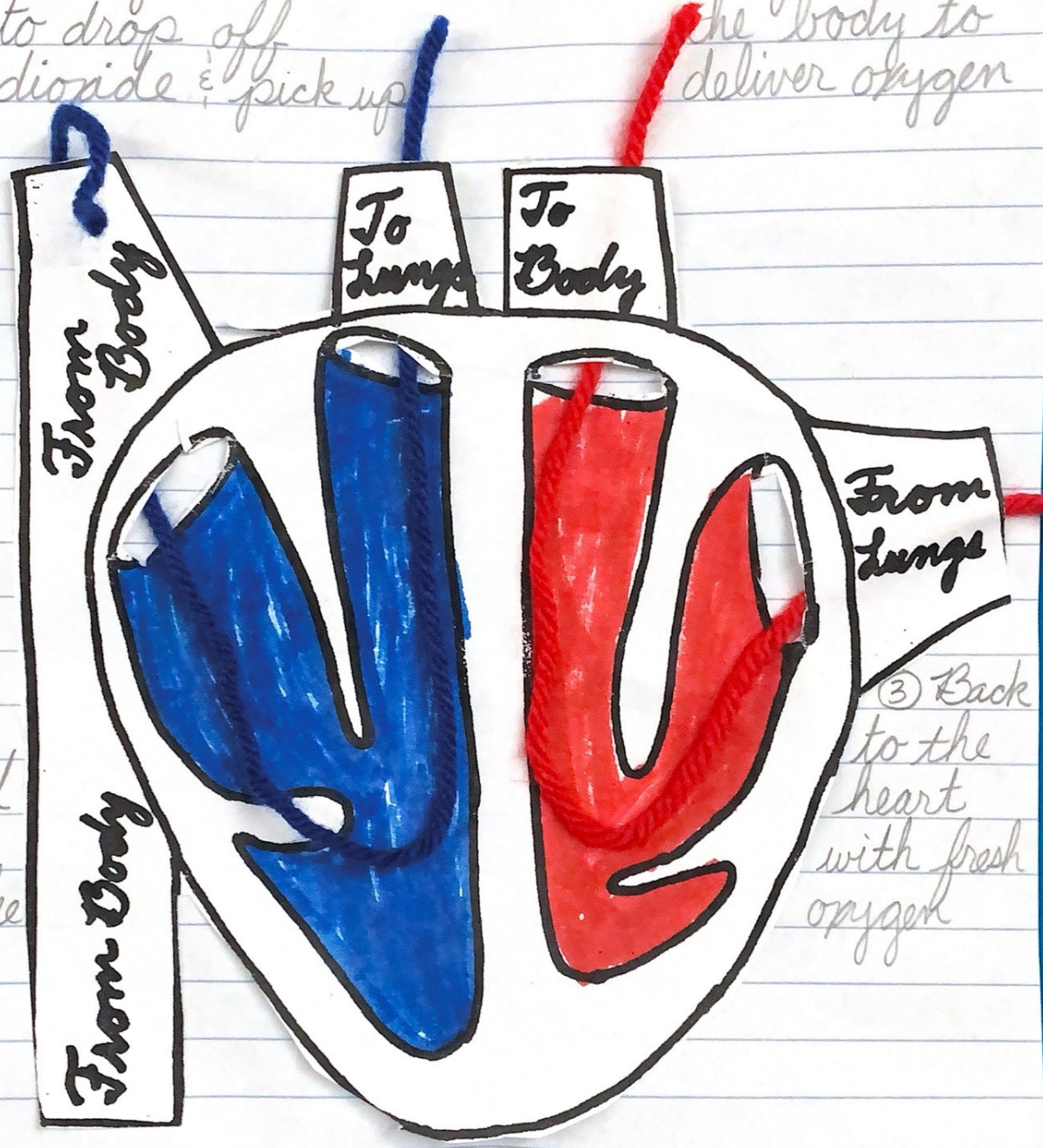


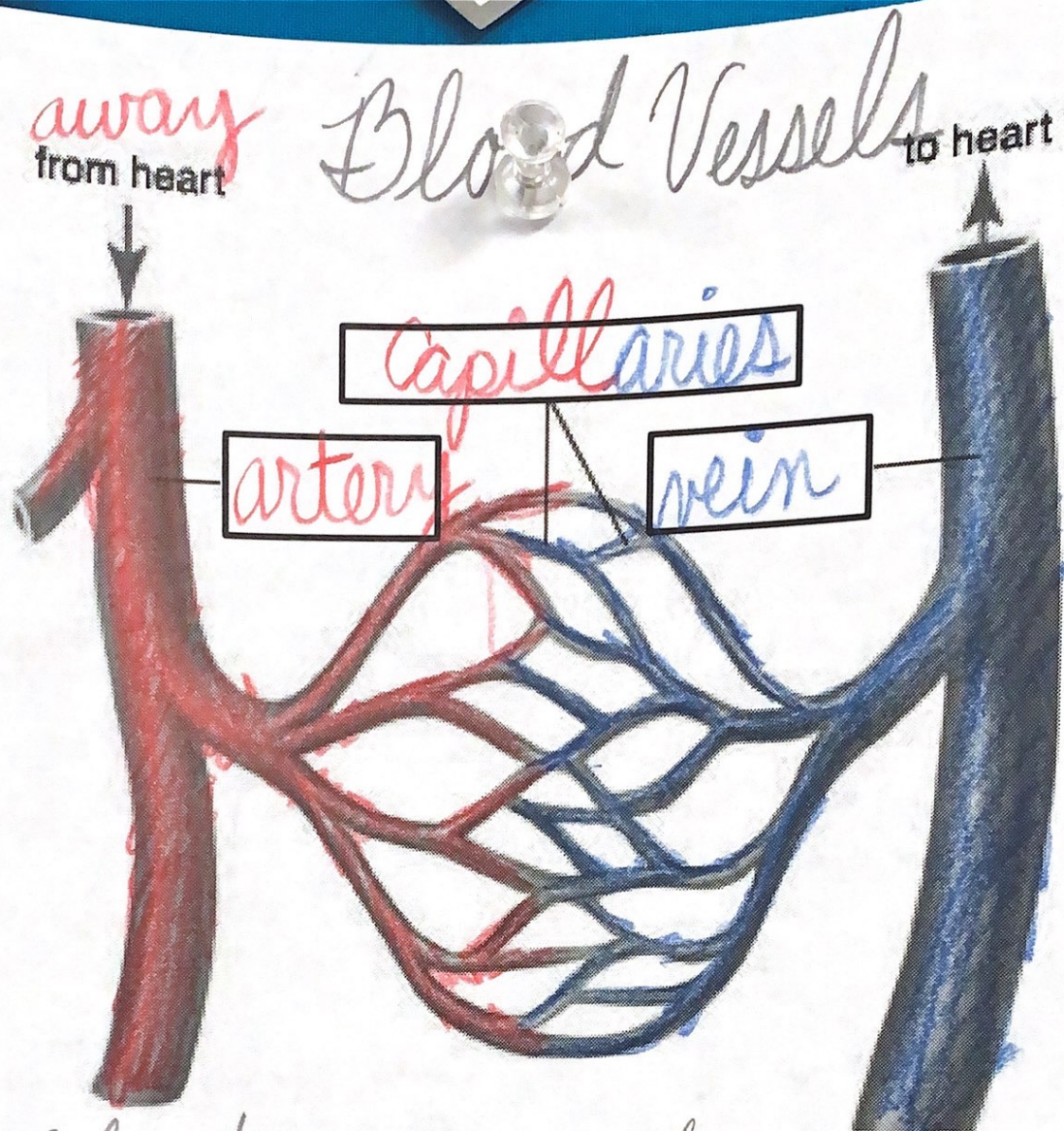
② Blood goes to lungs to drop off carbon dioxide & pick up oxygen

④ Pumped out to the body to deliver oxygen



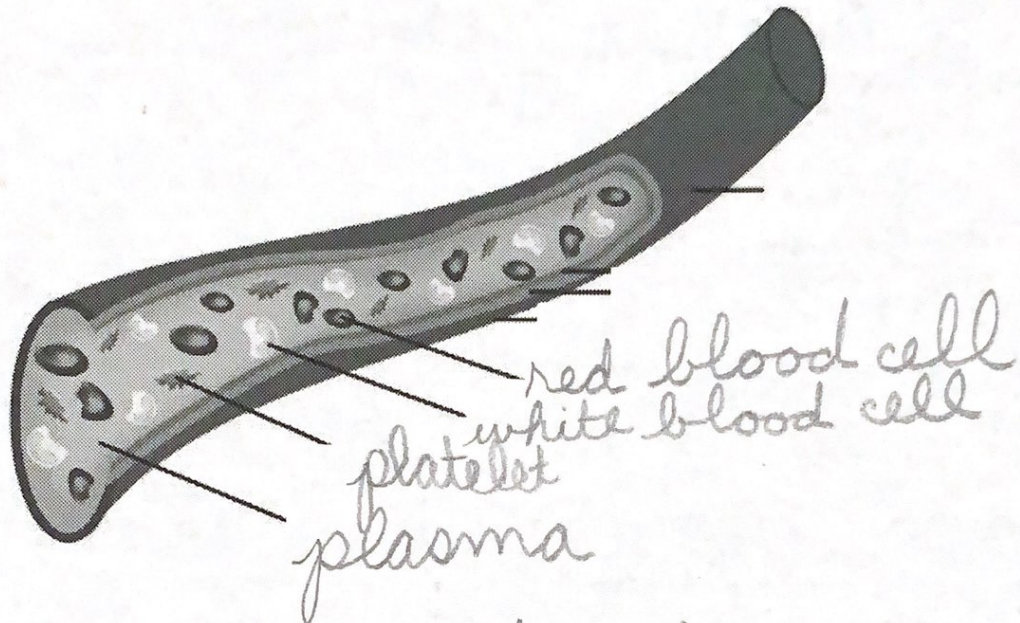
① Blood comes from the body

③ Back to the heart with fresh oxygen



Blood goes away from the heart in the artery freeway. It exits to the capillary and delivers the oxygen. Then it picks up CO_2 and leaves the capillary. Finally it gets on the vein freeway and goes back to the heart.

What makes up Blood?



Red Blood Cells - red, pick up oxygen
drop off CO_2

White Blood Cells - cops who look
for and fight disease

Plasma - yellowish liquid every-
thing floats in, helps with

Platelets - clump together to
stop bleeding, form scabs

From pages 168-170

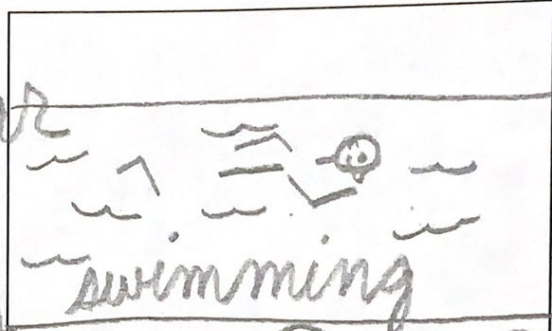
deliveries ✓

Healthy Heart

Exercise

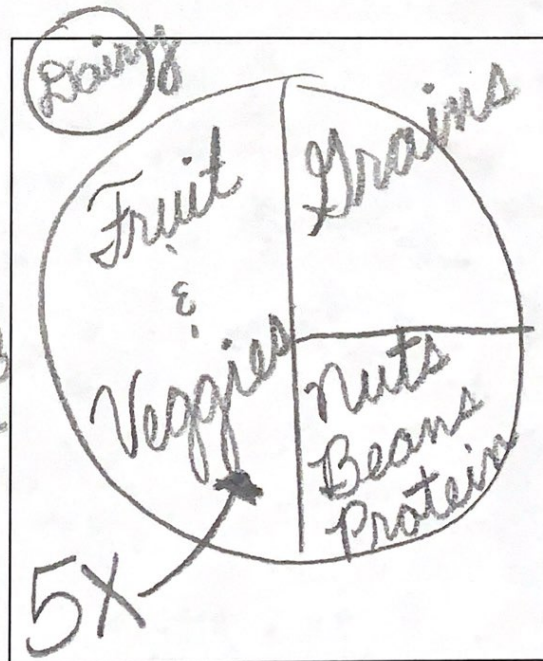
cardiovascular

- movement
- 30 min
- heart beats faster



Diet

- 5 servings
- variety of fruit, veggies, nuts, grains

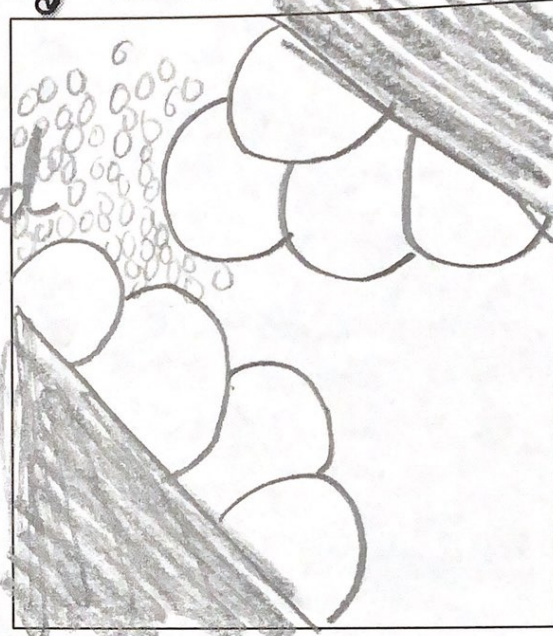


From pages 174-175

Unhealthy Heart

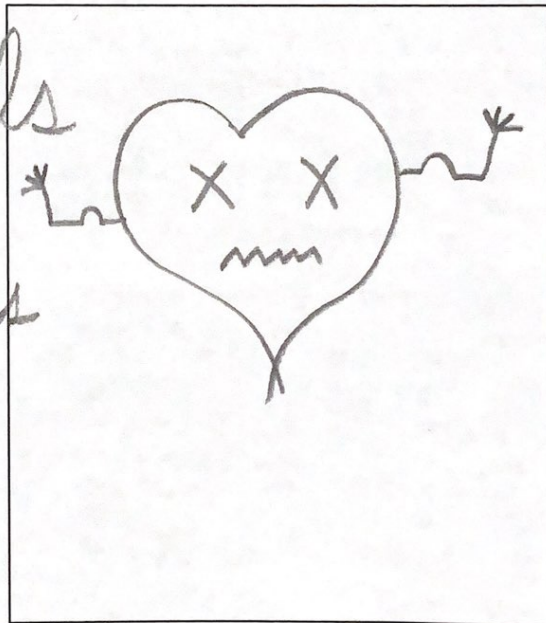
Cholesterol

- less sugar
- fried food
- many fat



Heart Attack

- blood vessels blocked
- heart works too hard
- part/all of it dies



From pages 176-177