

Name: _____ Date: _____

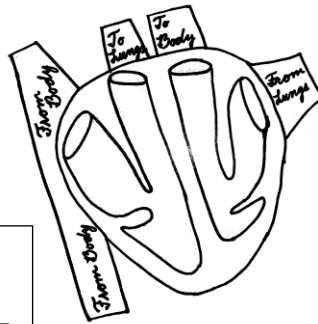
Science
Ch. 5 My Healthy Heart
Review Worksheet

Parent Signature: _____

Complete the questions. Use the page numbers to look up the answers.

- 1.) The circulatory system is a system in the human body made up of the _____, _____, and _____ . (pg. 160)
- 2.) Your heart is the size of your _____ . (pg. 160)
- 3.) The heart is a: *Circle one* **bone** **muscle** **tendon** (pg. 160)
- 4.) _____ carry blood away from the heart and then back to the heart. (pg. 161)
- 5.) Describe how the **blood**, **heart**, and **lungs** work together. (journal)

Step 2 _____

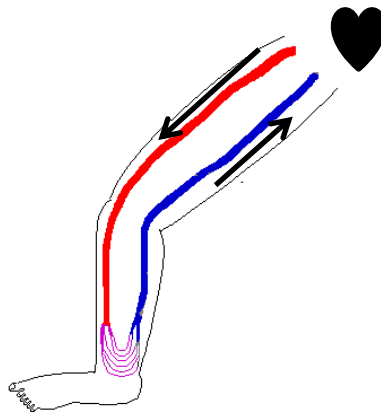


Step 3 _____

Step 1 _____

Step 4 _____

- 6.) Label the following: **artery** **vein** **capillary** (pg. 162)

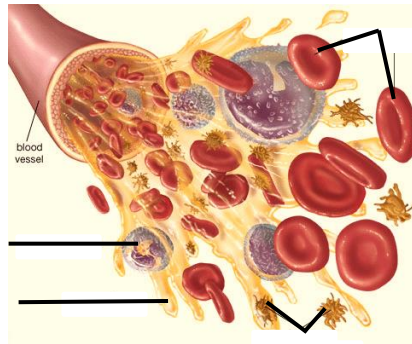


- 7.) What are two things that blood does? (pg. 168)

1.) _____

2.) _____

8.) Label the following: **plasma** **red blood cells** **white blood cells** **platelets** (pg. 169)



9.) Describe what the 4 parts of the blood do. (pg. 169)

- 1.) plasma _____
- 2.) red blood cells _____
- 3.) white blood cells _____
- 4.) platelets _____

10.) Cardiovascular exercise is _____
_____ (pg. 174)

11.) Name 3 ways to keep your heart healthy. (pg. 174-175)

- 1.) _____
- 2.) _____
- 3.) _____

12.) _____ is a waxy fat your body needs in small amounts. (pg. 176)

13.) Explain why too much cholesterol is bad for your health. (pg. 176 and journal) _____

14.) Describe how a heart attack happens. (pg. 176) _____

