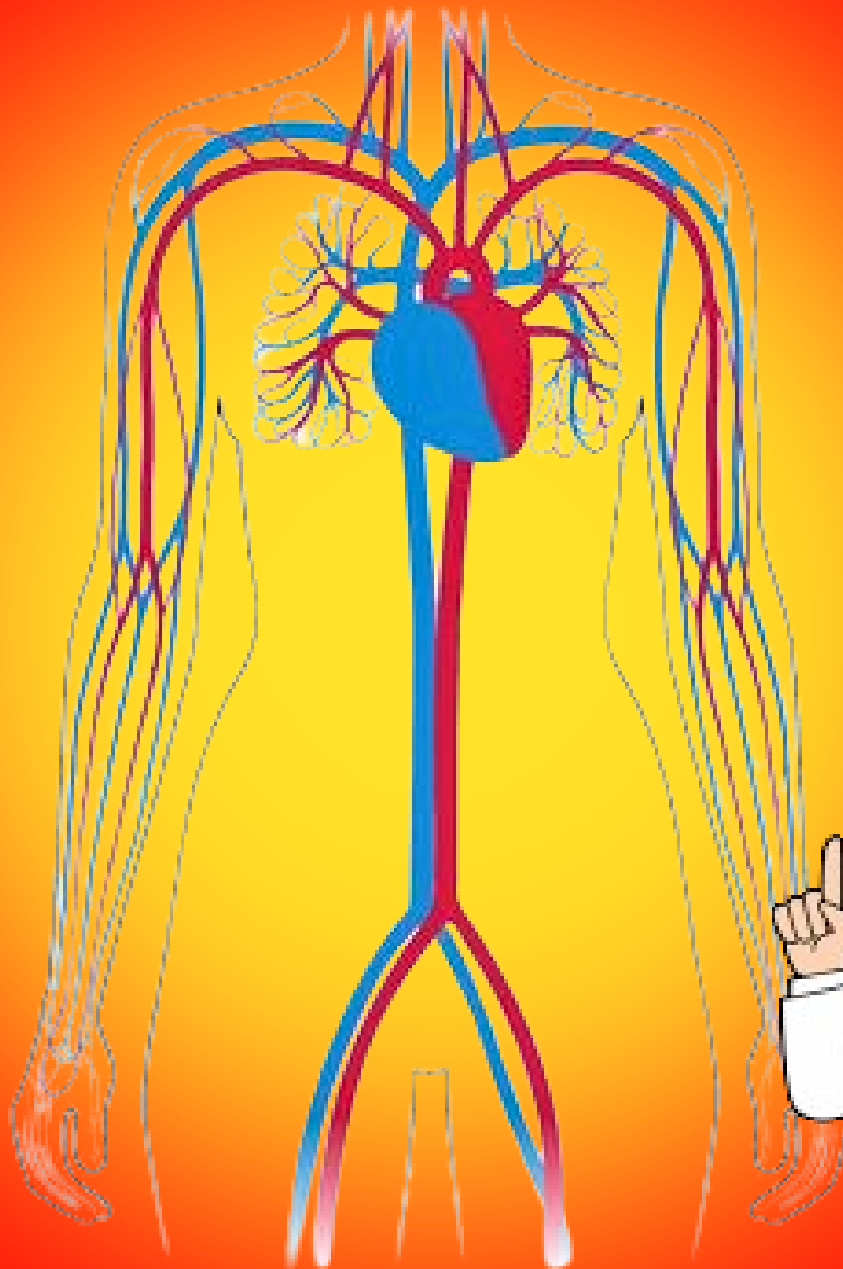


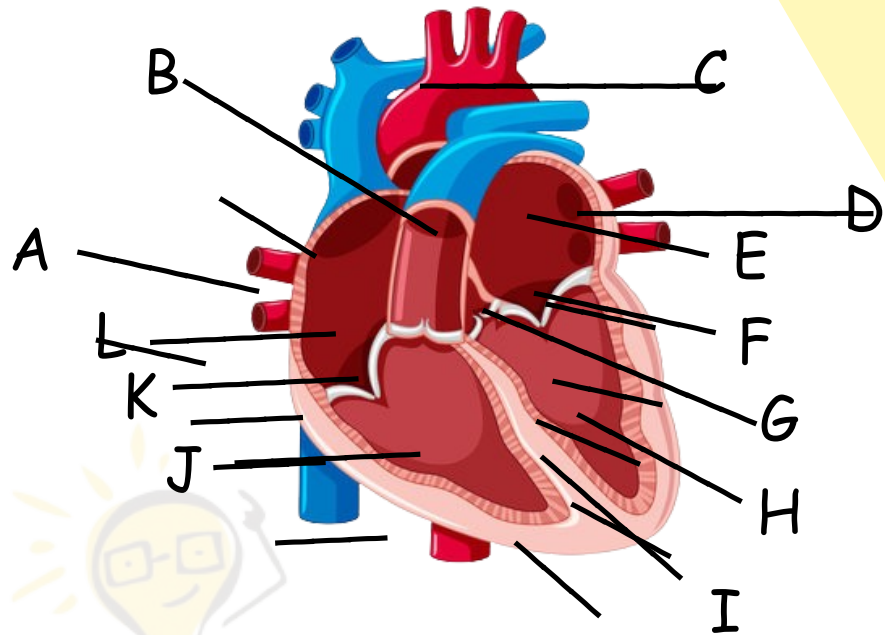
**CLASS 5 WORKBOOK**

# **CIRCULATORY SYSTEM**



# Structure and Function of the Heart

Identify and give functions (one for each) of the following:



Letter on the diagram	Structure	Function
	left and right atria	
	left and right ventricles	
	coronary arteries and veins	
	anterior and posterior vena cava	
	aorta	
	pulmonary arteries and veins	
	septum	
	semi-lunar valves	
	chordae tendineae	
	atrioventricular valves	
	pulmonary trunk	

**Choose the correct answer(s) for each question:**

1. Cells need

- a. food and oxygen
- b. blood and food
- c. water and waste
- d. oxygen and water

2. Blood carries

- a. food and oxygen to the cells
- b. rbc and wbc
- c. diseases
- d. water and waste

3. The circulatory system

- a. carries blood around the body
- b. carries food
- c. carries bile around the body
- d. carries waste

4. Blood, blood vessels, heart

- a. make up the circulatory system
- b. are for sell
- c. make up the skeletal system
- d. are not needed

5. Blood is

- a. mostly water
- b. mostly dry
- c. mostly cells
- d. mostly salt

6. Plasma is

- a. the watery part of blood
- b. white blood cell
- c. red blood cells
- d. never cells

7. Blood has

- a. red and white blood cells
- b. blue and white blood cells
- c. green and red blood cells
- d. white and green cells

# Multiple Questions

## 1. Match the questions to the answers:

Q) What takes the blood around the body? \_\_\_\_\_

Q) What do veins do? \_\_\_\_\_

Q) What is the circulatory system? \_\_\_\_\_

Q) Where dose blood give nutrients and oxygen to cells? \_\_\_\_\_

Q) What is a heartbeat? \_\_\_\_\_

Q) What is blood made up of? \_\_\_\_\_

Q) How often does the heart beat? \_\_\_\_\_

1. A transport system that takes blood to all parts of the body.
2. Each time the heart pumps.
3. It usually beats 60 to 100 times per minute.
4. Plasma, red and white blood cells and plasma.
5. In the capillaries.
6. They return the blood back to the heart.
7. Blood vessels.

## 2. Identify if the statement is True or False. Correct the False ones.

A. Plasma carries nutrients and also red blood cells, white blood cells and capillaries. **T/F**

---

B. The red blood cells fight infection, the white blood cells carries oxygen. **T/F**

---

C. Platelets help he blood to clot and form scrabs. **T/F**

---

D. The circulatory system works continuously and never stops. **T/F**

---

# MCQ Quiz Box

**Choose the correct answer from the following options and write in the blanks given:**

- Blood is made in \_\_\_\_\_ .  
a. ribcage    b. bone marrow    c. heart    d. to
- The circulatory system is also known as \_\_\_\_\_ system.  
a. red    b. oxygen    c. away    d. cardiovascular
- Your heart is protected by your \_\_\_\_\_ .  
a. cardiovascular    b. oxygen    c. ribcage    d. red
- The color of blood in the arteries is \_\_\_\_\_ .  
a. pink    b. red    c. brown    d. blue
- Red blood cells transport \_\_\_\_\_ .  
a. oxygen    b. bone marrow    c. heart    d. platelets
- The color of blood in the veins is \_\_\_\_\_ .  
a. blue    b. ribcage    c. red    d. away
- The main organ in the circulatory system is \_\_\_\_\_ .  
a. heart    b. platelets    c. lungs    d. bone marrow
- White blood cells and \_\_\_\_\_ are germ fighter.  
a. oxygen    b. arteries    c. heart    d. platelets
- Arteries transport blood \_\_\_\_\_ from the heart.  
a. away    b. to    c. from    d. towards
- Veins transport blood \_\_\_\_\_ your heart.  
a. towards    b. from    c. to    d. away

## Fill in the blanks to complete the sentences:

1. \_\_\_\_\_ carry low-pressure blood to the heart.
2. \_\_\_\_\_ carry high-pressure blood away from the heart.
3. \_\_\_\_\_ and \_\_\_\_\_ are the largest blood vessels.
4. \_\_\_\_\_ stops an injured person from bleeding to death.
5. \_\_\_\_\_ are tiny disks that seals tears and cuts.
6. \_\_\_\_\_ blood cells carry oxygen and waste throughout the body.
7. \_\_\_\_\_ blood cells attack harmful bacteria.
8. The four main ingredients of blood are \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ .
9. \_\_\_\_\_ is the straw-colored fluid that contains \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ .
10. \_\_\_\_\_ control the blood flow in and out.
11. The tiniest blood vessels are called \_\_\_\_\_ .
12. Sweat contains \_\_\_\_\_ and \_\_\_\_\_ .
13. The rhythmic expansion and contraction of heart is called \_\_\_\_\_ .
14. The blood from the heart is transported to all parts of the body by the \_\_\_\_\_ .
15. The main excretory product in human beings is \_\_\_\_\_ .
16. Kidneys eliminate the waste materials in the liquid form called \_\_\_\_\_ .
17. Haemoglobin is present in \_\_\_\_\_ cells.
18. The liquid part of the blood is called \_\_\_\_\_ .
19. The kidney is made up of tiny structures called \_\_\_\_\_ .

# Keep your HEART Safe and Healthy



Read the sentences and use the pictures as clues to fill in the blanks. You can also take help from the word box.

Try to get 60 minutes of \_\_\_\_\_ a day.



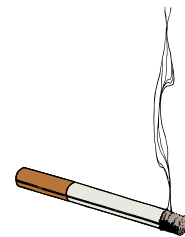
Find ways to help deal with \_\_\_\_\_ like deep breaths.

Drink low fat (1% - 2%) or skim \_\_\_\_\_ .



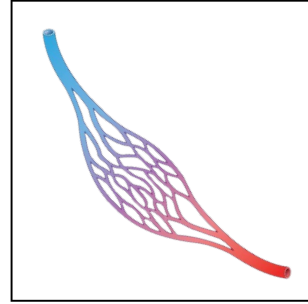
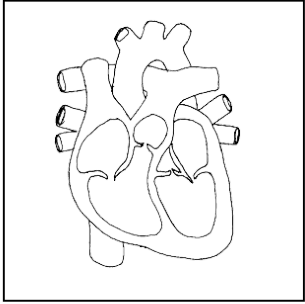
Choose foods that are low in \_\_\_\_\_ .

Stay away from cigarette and people who \_\_\_\_\_ .



milk exercise stress smoke fat

Name the parts of the circulatory system.



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Write the terms to complete the definitions.

They carry blood from the rest of the body to the heart.

They carry blood to and from individual cells in the body.

They carry blood from the heart to the rest of the body.

Complete the paragraph.

The heart never stops, this movement is called a \_\_\_\_\_ . There are two types of heart movement. When the heart \_\_\_\_\_, it fills with blood received from the veins. When the heart \_\_\_\_\_, it pushes the blood into the arteries. They carry blood to the rest of the body.



