The Circulatory System

Name ____________________________

The Circulatory System is made up of the _______heart______, blood, and blood vessels. There are over _80 to 100 000__ kilometres of blood vessels in our body. Blood vessels are elastic tube-like veins, arteries and capillaries.

The circulatory system has the job of moving ___blood____ through the entire body. Blood is made up of ____plasma___, white cells, red cells, and __platelets___. White cells fight _infection___, red cells carry ____oxygen___, and platelets cause the blood to clot. Blood is the main mover of oxygen, nutrients/food, heat, and hormones needed for energy and growth to our tissues and organs. It also acts to help remove __waste (CO₂, urea)__.

Your heart is the size of a ___fist_____ and is found _____on the left side_____ ___________ of the chest _____________. Your heart is a strong hollow muscle that can be compared to two _____pumps_____. The left side pumps ___oxygen_____ rich blood into your arteries. Arteries branch out into smaller and smaller blood vessels. The smallest are called capillaries which are ___0.007___ mm across. In the capillaries, the blood releases oxygen and nutrients to the cells which turn them into energy. The “used” blood brings waste products back to the _____right_____ side of the heart. Then it is sent to your lungs for fresh ____oxygen____ and flows to the left side to start all over again. All this takes _____30______ seconds.

“Blue blood” is blood that is low in ____oxygen_____. The artery that carries blue blood to your lungs is called the ____pulmonary artery_________. The veins carrying red blood from the lungs to the heart are the ____pulmonary veins_____. 
Red blood carries ___oxygen____. The largest artery in the body is the ___aorta___, and it is ___3________ cm across. The largest vein is the ___inferior vena cava____.

___Valves____ in the heart keep the blood moving in the right direction. Blood is cleaned in the two ___kidneys____ which are located ___on either side of the spine near the small of the back____.

During your lifetime, your heart beats ___2.5 billion____ times.

The human body contains ___6____ litres of blood.

An adult heart pumps ___7 500____ litres of blood a day.

A baby’s heart beats ___120____/minute.

A child’s heart beats ___90____/minute.

An adult’s heart beats ___70____/minute.