



TEACHER GUIDE

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EASY-MARKING™ ANSWER KEY 19

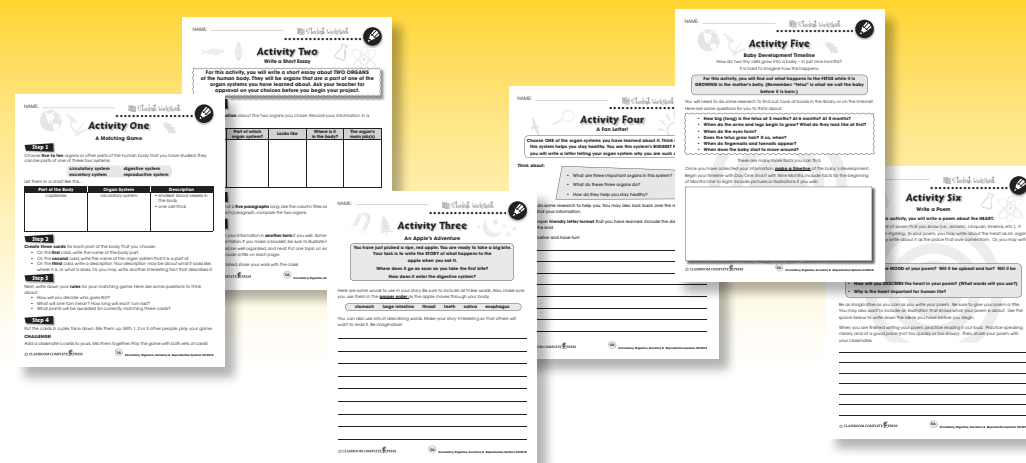
MINI POSTERS 21

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6 Bonus Activities!

3 EASY STEPS to receive your 6 Bonus Activities!

- Go to our website:
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- Click on item CC4518 – Circulatory, Digestive, Excretory & Reproductive Systems
- Enter pass code CC4518D





The Circulatory System - Blood Vessels

1. Complete each sentence with a word from the list. Use a dictionary to help you.

aorta veins circulates capillary pressure

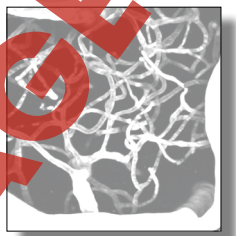
- a) The smallest blood vessel in the body is called a _____.
- b) Blood pumping through our arteries causes _____ on them.
- c) _____ are important because they carry blood from the body back to the heart.
- d) Our blood _____ through our body in our blood vessels.
- e) The _____ is the biggest artery in the body and is attached to the heart.
2. On the left side, list what you already know about the circulatory system. (Hint: it includes the heart and blood.) Then, list some questions you might have. Try to list at least three things in each column.

What I Know About the Circulatory System	Questions I Have About the Circulatory System



The Circulatory System - Blood Vessels

The circulatory system has two main jobs: 1) carrying oxygen and food to all the cells of the body, and 2) carrying waste away from the cells to be removed from the body. This system gets its name because blood moves, or **circulates**, to every part of the body. The three main parts of the circulatory system are the **heart, blood** and **blood vessels**. Let's start by learning about blood vessels.



What are the three main parts of the circulatory system?



There are three different kinds of blood vessels in the human body. All blood vessels are tubes that carry blood. These are arteries, veins and capillaries.

Type of Blood Vessel	What They Do
Arteries are the largest blood vessels. They have very tough, flexible and thick walls. The biggest artery in the body is called the aorta . It is the size of a thumb and is connected to the top of the heart.	Arteries have the job of carrying blood away from the heart. (You can remember this because artery and away both begin with "a".) One reason their walls are thick is because there is a lot of pressure on them as blood is pumped from the heart. (Pressure is the force of pushing.)
Veins are smaller than arteries. They also have thinner walls.	The job of the veins is to carry blood from the body back to the heart. The walls of veins are thinner because there is less pressure on the blood going back to the heart.
Capillaries are the smallest of all the blood vessels. Their walls are only one cell thick.	Capillaries are all over our body. They go out to every cell. Their very thin walls make dropping off oxygen and picking up wastes easy.



The Circulatory System - Blood Vessels

1. Fill in each blank with a term from the list.

arteries capillaries waste circulatory circulates
tubes heart veins blood food

The _____ **a** system carries oxygen and _____ **b** to our cells, and takes _____ **c** away. This system gets its name because our blood _____ **d** (moves) around our body. There are three main parts to the circulatory system. These are the _____ **e**, blood and blood vessels. Blood vessels are _____ **f** that carry _____ **g** around the body. From largest to smallest our blood vessels are _____ **h** and _____ **i** and _____ **j**.

2. a)
- Underline**
- the words and ideas that describe what the circulatory system does.

circulates	helps us think
cleans out waste	brings oxygen to the cells
pumps blood	helps us hear sound
carries waste to our lungs	helps keep us healthy

- b)
- Circle**
- the words that are parts of the circulatory system.

bones	circles	arteries	marrow
blood	heart	pupils	vessels
lungs	aorta	capillaries	veins



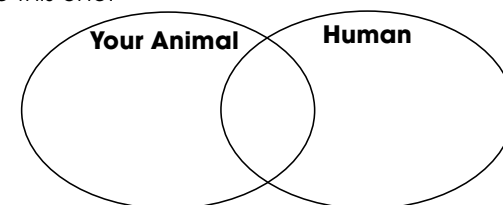
The Circulatory System - Blood Vessels

3. Why do the walls of **arteries** need to be thick and elastic?
- _____
- _____
4. Why are the walls of **capillaries** only one cell thick?
- _____
- _____
5. Does the statement describe arteries, veins or capillaries? Put an X in the correct box.

Feature	Arteries	Veins	Capillaries
a) The smallest blood vessels			
b) The aorta is one of these			
c) These carry blood to the heart from the body			
d) These carry blood away from the heart to the body			
e) These go to the cells and drop off oxygen			
f) The walls of these can be less thick because they are under less pressure than arteries			

Extension & Application

6. What is your
- favorite animal**
- ? Research to find out about its circulatory system. Look for information in library books or on the Internet. Then,
- compare**
- the circulatory systems of your animal and a human. What is the same? What is different? Record your findings in a Venn Diagram, like this one:





Take Your Own Pulse

In this activity you will measure your pulse (heart rate). Your pulse is the number of times your heart beats in a period of time.

First, answer this question in your notebook:

When is your pulse faster – at rest or after exercise? Explain your reasoning.

FOR THIS ACTIVITY, you will need a stopwatch or timer.

STEPS:

- (Sit down for this step.) Find your pulse by touching your finger to your wrist or the side of your neck. Ask your teacher for help if you need it.
- Measure your pulse. Count the number of beats for 30 seconds.
 - What is the number? _____
 - Multiply this number by 2: _____ beats per minute. This is your pulse **at rest**.
- Now, do one of the following: **jog on the spot** or **do jumping jacks** for 5 minutes.
- Measure your pulse again for 30 seconds.
 - What is the number? _____
 - Multiply this number by 2: _____ beats per minute. This is your pulse **after 5 minutes of exercise**.
- Next, sit down for 2 minutes. Then, measure your pulse again for 30 seconds.
 - What is the number? _____
 - Multiply this number by 2: _____ beats per minute. This is your pulse **after 2 minutes of rest**.
- Sit down for 3 more minutes. Then, measure your pulse again for 30 seconds.
 - What is the number? _____
 - Multiply this number by 2: _____ beats per minute. This is your pulse **after 5 minutes of rest**.

Record your results on a bar graph.

Look back at your answer to the first question. Was your guess correct? What conclusion can you make about pulse and exercise? Why do you think this is so?



Crossword Puzzle!

Across

- Blood _____ through the blood vessels
- Another word for large intestine
- Something with oxygen taken away
- Food goes down this tube to the stomach
- _____ blood cells help with our immunity
- Organs that help us breathe and get rid of waste
- This is removed from waste in the large intestine
- This organ is coiled like a snake
- The main job of the liver is to _____ blood
- Small holes in our skin that sweat comes out of



Down

- Big artery attached to the heart
- Enzymes are _____ in the small intestine
- A chemical in our stomach that helps us digest
- A main organ of the circulatory system
- These take blood away from the heart
- Estrogen is a _____ made in the female body
- Blood clots when it _____
- Holds urine
- Largest organ of the body

Word List

deoxygenated,	hormone,
circulates,	thickens,
water,	acid,
pores,	chemicals,
esophagus,	veins,
lungs,	bladder,
colon,	skin,
white,	aorta,
small intestine,	heart,
filter	



Comprehension Quiz

Part A

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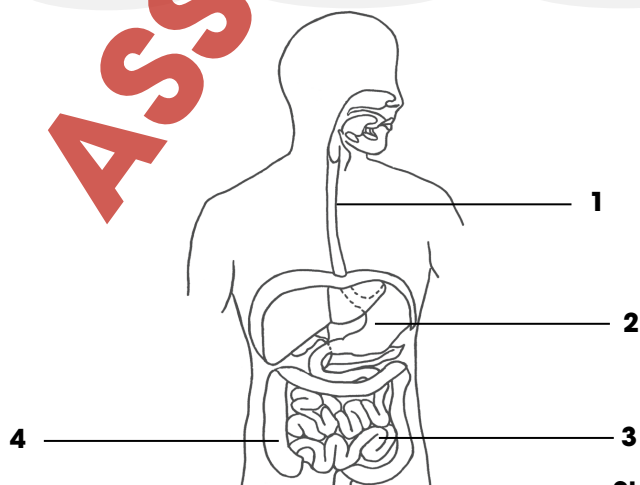
Circle **T** if the statement is **TRUE** or **F** if it is **FALSE**.

- T F** Blood circulates through blood vessels and goes to all parts of the body.
- T F** The largest artery is the aorta, located in the lungs.
- T F** The heart is a pump made of voluntary muscle tissue.
- T F** Our stomach is not very strong. This is why we can get sick to our stomach.
- T F** Acid in the stomach breaks down our food.
- T F** Materials left over in the large intestine are indigestible.
- T F** Sugar is a waste material found in sweat.
- T F** Testosterone is an enzyme made in the male body.

Part B

Label the parts of the digestive system. Use the words in the list.

stomach esophagus large intestine small intestine



SUBTOTAL: /16

Organs Within Body Structure



NAME: _____

After You Read 



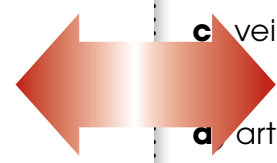
The Circulatory System - Blood Vessels

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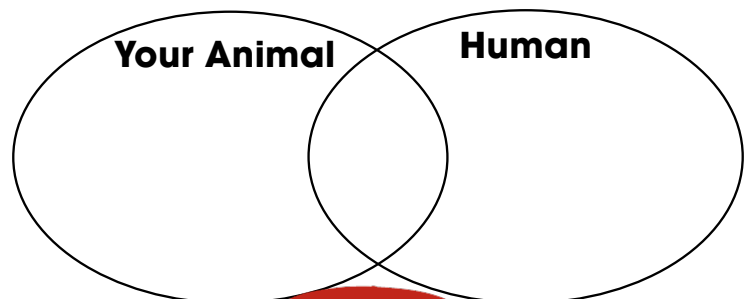
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f) The walls of these can be less thick because they are under less pressure than arteries			



EASY MARKING ANSWER KEY

Extension & Application

6. What is your **favorite animal**? Research to find out about its circulatory system. Look for information in library books or on the Internet. Then, **compare** the circulatory systems of your animal and a human. What is the same? What is different? Record your findings in a Venn Diagram, like this one:



10

3. Due to pressure from the pumping of blood by the heart

4. So they can drop off oxygen and pick up waste

5.

a) capillaries
b) arteries
c) veins
d) arteries
e) capillaries
f) veins

6. Answers will vary

7. It is cleaner than the water that was poured

8. They removed the dirt

9. Kidneys filter waste materials out of the blood

10. Answers will vary

Student results:

Pulse at rest

- lowest of the 4 measurements

Pulse after exercise

- highest of the 4 measurements

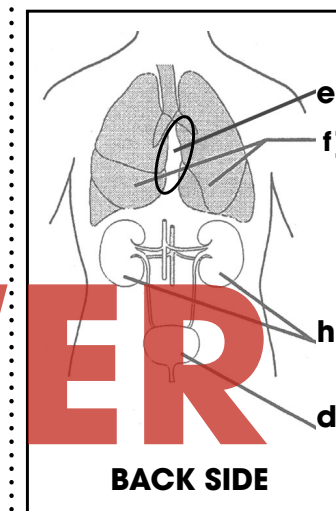
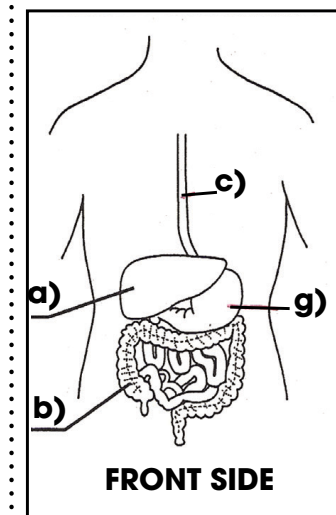
Pulse aft 2 min. rest

- lower than after exercise

Pulse aft 5 min. rest

- lower than after 2 min. rest

Pulse is highest after exercise because the heart is beating fastest at this time. It beats faster because the body is working and the cells need more oxygen than when at rest. (Blood carries oxygen to cells.)



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