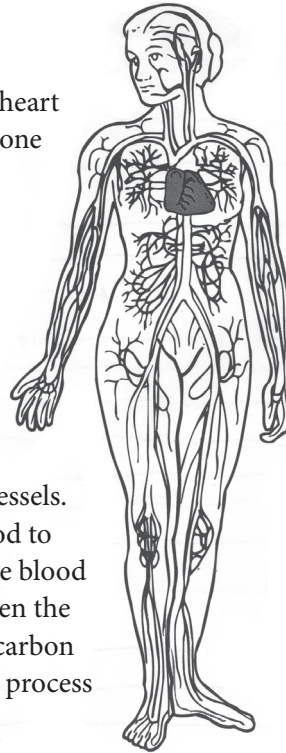


# Blood Movers

Your body needs blood. Blood takes food and oxygen to your cells, fights infection, keeps your body temperature at a safe level, and much more. But how does blood move around the body? A team of tubes works with the heart to send blood around the body. This process is called **circulation**.

Your **heart** is the hub, or center of activity, for circulation. It consists of two pumps that rest side by side. Each time your heart beats, blood travels through your body. The blood moves in one of three kinds of **blood vessels**. They are veins, arteries, and capillaries.

**Veins** carry blood from the body into the heart's right-side pump. From there, the blood goes to the lungs, where the blood gets **oxygen**. Next, the blood flows into the heart's left-side pump. The left-side pump moves the blood through large blood vessels called **arteries**. As the blood travels throughout the body, the arteries become smaller and smaller. Blood enters **capillaries**, the smallest of the blood vessels. The thin capillaries move the oxygen and food from the blood to the cells. The cells release **carbon dioxide** into the blood. The blood travels along the capillaries. The capillaries get bigger and then the blood moves into the veins. The veins bring blood carrying carbon dioxide back to the heart, and the process begins again. This process happens every time your heart beats, about once a minute.



## Fun Facts

- An adult's heart is the size of a fist.
- Your heart pumps about 1,800 gallons of blood each day.
- If they were stretched out in a line, your blood vessels would cover more than 60,000 miles. That is long enough to circle the earth almost two times!



## Meet a Researcher

Did you know researchers study blood vessels? Christopher Cogle, MD, is one of these researchers! He is learning how blood vessels play a role in some kinds of blood cancers. His research, along with the work of many like him, is putting us one step closer to having a cure for blood cancers.

Complete each sentence.  
Use the passage to help you.

1. The center of circulation is the \_\_\_\_\_.
2. Veins, arteries, and capillaries are all types of \_\_\_\_\_. (two words)
3. \_\_\_\_\_ carry blood away from the heart.
4. \_\_\_\_\_ carry blood from the body to the heart.
5. When blood leaves the heart, it has \_\_\_\_\_ in it.
6. \_\_\_\_\_ is the process of moving blood around the body.
7. When blood gets to the heart, it has \_\_\_\_\_ in it. (two words)
8. The smallest blood vessels are called \_\_\_\_\_.

# Standards Covered

CCSS.ELA-LITERACY.RI.3.4: Determine the meaning of general academic and domain-specific words and phrases in a text relevant to a *grade 3 topic or subject area*.

## “Blood Movers”

### Answer Key

1. heart
2. blood vessels
3. Arteries
4. Veins
5. oxygen
6. Circulation
7. carbon dioxide
8. capillaries