UNIT 2. NUTRITION II - REVIEW

1. CIRCULATORY SYSTEM

BLOOD

1. Which is the odd one out? Why?

oxygen *heart* *nutrients* *waste*

2. What three things make up the circulatory system?

_____

3. Match the parts of the blood with their definitions.

1 red blood cells	___ a. These defend us against infections.
2 white blood cells	___ b. These join together and seal up cuts so that we don't lose blood.
3 platelets	___ c. These are the most numerous. They give the blood its red colour due to a red pigment called haemoglobin.

4. Answer the following questions:

a. In which part of the blood can you find sugar, proteins, salt nutrients and cellular waste? _____

b. Why is blood red? _____

_____

c. Which blood cells defend us against infections? _____

d. Which part of the blood seals up cuts or wounds? _____

e. What might be the consequences of a decrease in the number of platelets? And the decrease in the number of white blood cells? _____

_____

f. Which component of blood is not made up of cells? What does it do? _____

_____

BLOOD VESSELS

5. Match the sentences.

1 The arteries	___ a. pumps the blood around the body.
2 The veins	___ b. carry blood to the heart.
3 The heart	___ c. carry blood from the heart.

6. Why are the veins and the arteries different? What do they do?

_____

_____

7. When blood is in our veins, where is it going?

_____

8. How many types of blood vessels are there? What are their functions?

_____

_____

_____

HEART AND CIRCULATION

9. Answer the following questions:

a. What is the function of the circulatory system? _____

_____

b. What is the heart? _____

_____

c. What are the names of the hollow spaces inside the heart? How many are there?

_____

d. What are the "valves"? What is their function? _____

_____

e. How does blood circulate inside the heart? _____

_____

10. Which side of the heart….

a) ….pumps oxygen-rich blood to the cells (rest of the body)? _____

b)…. pumps blood that contains carbon dioxide to the lungs? _____

11. Does the blood flow from one side of the heart to the other? Are the two sides of the heart connected? Why? _____

_____

_____

_____

12. Draw a diagram of the heart and label the four chambers inside it.

13. What are the names of the two repetitive movements that the heart makes? Explain.

1. _____
2. _____

14. What happens to the blood that contains carbon dioxide when it enters the lungs?

_____

_____

_____

15. (MATHS) If your heart beats an average of seventy-five times a minute, how many times does it beat…

1 … in twenty-four hours? _____

2 … in a year? _____

3 …In your life until today? _____

16. Which circuit is responsible for taking nutrients and oxygen to the cells around the body? _____

17. Which side of the heart belongs to the circuit that takes nutrients and oxygen to cells?

_____

18. Which circuit takes oxygen-rich blood to the heart? Make a diagram showing how blood circulates through it.

19. With your partner, discuss if the following sentence is true or false and explain why:

During systole, the heart expands, and blood flows from the veins into the atria and then into the ventricles.

20. Read the descriptions and complete the sentences.

1. The blood that contains waste products and carbon dioxide enters the right part of the heart and leaves from the right part of the heart. It travels to the lungs to leave the carbon dioxide and collect oxygen. This is the _____circulation.

2. The blood that is rich in both nutrients and oxygen travels from the lungs and enters the left part of the heart. It is distributed around the body. This is the _____ circulation.

21. Are the following sentences true or false? Correct the false ones.

___ a. Blood can flow backwards and forwards through the heart.

___ b. The walls of the heart are muscular

___ c. Pulmonary circulation brings nutrients to the lungs.

___ d. Cellular waste is removed in the digestive system.

22. What should we do to keep our circulatory system healthy?

_____

_____

23. Imagine you are a red blood cell. Describe your journey through the body.

2. EXCRETORY SYSTEM

24. Is the elimination of faeces through the digestive system excretion? Why? /Why not?

_____

_____

25. How does the human body eliminate waste substances from blood?

_____

_____

URINARY SYSTEM

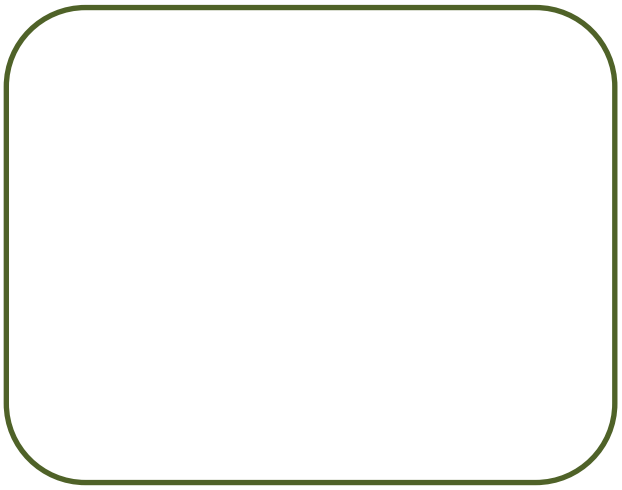
26. Put the steps into the correct order.

___ a. The clean blood leaves the kidneys.

___ b. The blood that contains waste enters the kidneys through the renal arteries.

___ c. The kidneys filter and clean the blood.

27. Draw and label a diagram of the urinary system. Label its parts.



28. Why do we feel the need to urinate? _____

_____

29. Correct the mistake in each sentence. Then, write the sentences in order.

___ a. The urethra carries urine from the kidneys to the bladder.
___ b. Urine is stored in the ureters.
___ c. The kidneys filter the blood and produce nutrients.
___ d. Urine leaves the body through the bladder.

SWEAT GLANDS (SKIN)

30. How do waste products arrive to the sweat glands? _____

_____

31. What is the function of sweat glands? _____

_____

32. Are the sentences true or false? Corrects the false ones.

1. The mixture of waste and blood forms sweat.
2. We haven't got sweat glands in our hands.
3. Blood capillaries take waste to the sweat glands and clean blood leaves the glands through different capillaries.

33. In your own words, explain why we sweat. _____

_____