

Name \_\_\_\_\_

## The Amazing Circulatory System: Your Body's Lifeline

### Short Answer Key

1. Plasma is the watery component of blood that carries nutrients, hormones, and waste products. It also serves as the highway for blood cells to travel within the circulatory system.
2. Arteries have thick, muscular walls and carry oxygen-rich blood away from the heart, while veins have thinner walls and carry oxygen-poor blood back to the heart.
3. Capillaries are tiny, thin-walled vessels that connect arteries to veins. They allow the exchange of oxygen, nutrients, and waste products between blood and body cells.
4. Apart from transportation, key functions of the circulatory system include immune defense, temperature regulation, clotting, and pH balance.
5. To maintain a healthy circulatory system, a person should engage in regular exercise, consume a balanced diet rich in nutrients, avoid smoking and excessive alcohol consumption, and manage stress.

