

Name _____

The Incredible Journey of Oxygen and Nutrients Through Your Body

Open-Ended Response Answer Key

1. An interesting fact is that blood is composed of red blood cells, white blood cells, platelets, and plasma. Red blood cells contain hemoglobin, which allows them to transport oxygen to body tissues. White blood cells are part of the immune system, while platelets help in blood clotting. Plasma carries nutrients, hormones, and waste products.
2. A balanced diet provides essential nutrients such as vitamins, minerals, and amino acids, which are critical for the production of healthy blood cells and maintaining blood vessel health. Additionally, consuming a variety of foods supports heart health and helps prevent cardiovascular diseases.

