

Directed Reading B

Section: The Cardiovascular System

YOUR CARDIOVASCULAR SYSTEM

Read the words in the box. Read the sentences. **Fill in each blank** with the word or phrase that best completes the sentence.

blood	homeostasis
cardiovascular	heart

1. The heart and blood vessels are part of the _____ system.
2. Blood vessels carry _____ throughout your body.
3. Blood is pumped through the body by the _____.
4. The cardiovascular system performs many functions to help maintain _____.

THE HEART

Circle the letter of the best answer for each question.

5. How many chambers does the heart have?
 - a. 1
 - b. 2
 - c. 3
 - d. 4

Directed Reading B *continued*

Circle the letter of the best answer for each question.

6. What are the heart's upper chambers called?
 - a. atria
 - b. ventricles
 - c. valves
 - d. cardios

7. What are the heart's lower chambers called?
 - a. atria
 - b. ventricles
 - c. valves
 - d. cardios

8. What kind of blood gets sent to the lungs?
 - a. type A
 - b. type B
 - c. oxygen-rich
 - d. oxygen-poor

9. What kind of blood gets sent to the body?
 - a. type A
 - b. oxygen-rich
 - c. type B
 - d. oxygen-poor

10. What causes the sound of a heartbeat?
 - a. atria contracting
 - b. valves closing
 - c. ventricles contracting
 - d. atria relaxing

Directed Reading B *continued*

BLOOD VESSELS

Read the words in the box. Read the sentences. **Fill in each blank** with the word or phrase that best completes the sentence.

capillaries	arteries	blood vessels
veins	pulse	

11. Blood vessels that carry blood away from the heart are _____.
12. Blood vessels that allow exchanges between blood and cells are _____.
13. Blood vessels that carry blood to the heart are _____.
14. Your _____ is caused by rhythmic changes in your blood pressure.
15. Blood travels through your body in hollow tubes called _____.

TWO TYPES OF CIRCULATION

Read the description. Then, **draw a line** from the dot next to each description to the matching word.

- | | | |
|--|---|--------------------------|
| 16. flow of blood between heart and lungs | ● | a. systemic circulation |
| 17. flow of blood between heart and rest of the body | ● | b. pulmonary circulation |

Directed Reading B *continued*

CARDIOVASCULAR PROBLEMS

Circle the letter of the best answer for each question.

18. What's the best way to reduce the risk of cardiovascular problems?
- a. sleep more than 10 hours
 - b. eat a healthy diet and exercise
 - c. relax a lot
 - d. run marathon races

Atherosclerosis

19. What is fat buildup in an artery called?
- a. hypertension
 - b. heart attack
 - c. heart failure
 - d. atherosclerosis
20. What can cause a narrowing of the arteries?
- a. stroke
 - b. heart attack
 - c. heart failure
 - d. atherosclerosis

High Blood Pressure

21. What is another name for high blood pressure?
- a. hypertension
 - b. heart attack
 - c. heart failure
 - d. atherosclerosis

Directed Reading B *continued*

Circle the letter of the best answer for each question.

22. What can happen when a brain artery clogs?
- a. heart failure
 - b. heart attack
 - c. stroke
 - d. atherosclerosis

Heart Attacks and Heart Failure

23. What can happen when an artery that delivers blood to the heart becomes clogged?
- a. hypertension
 - b. heart attack
 - c. heart failure
 - d. atherosclerosis
24. What cardiovascular problem happens when the heart cannot pump enough blood to meet the body's demands?
- a. hypertension
 - b. heart attack
 - c. heart failure
 - d. atherosclerosis