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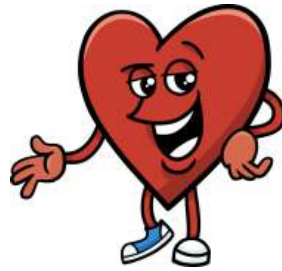
6th, 7th, 8th Grade Reading Mega Bundle

Reading Comprehension Passage & Questions

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Cardiovascular Health



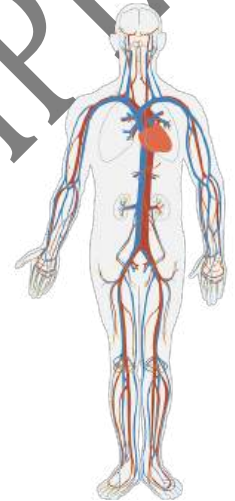
What is the cardiovascular system?

The **cardiovascular system** is the body system that transports blood, oxygen and nutrients all over your body.

What are the parts of the cardiovascular system?

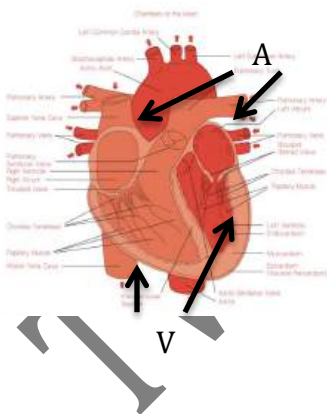
The three parts of the cardiovascular system are:

- The heart
- The blood vessels
- The blood



The Heart

The **heart** is a pump that pushes the blood throughout your body. It has four different chambers or compartments. The top two chambers are called right and left atrium (A) and the bottom two are called the right and left ventricle (V). Blood flows into the right atrium → into the right ventricle → towards the lungs so that the blood can pick up the oxygen you breathe. Afterwards, the blood flows back to the heart → enters the left atrium → flows into the left ventricle and is then pumped out to the rest of the body. Your body uses that oxygen to create energy and stay alive.



Cardiovascular system – The body system that transports blood and nutrients all over your body.

Heart – A pump that pushes blood around your body.

Blood Vessels

The blood vessels in your body are arteries and veins. They are tiny tubes that carry blood around your body keeping you alive. **Arteries** usually carry blood with lots of oxygen away from your heart to your body. **Veins** usually carry blood with much less oxygen from your body towards your heart. In diagrams, arteries are colored red and veins are colored blue.



The Blood

Ecobottle Sample

TWTF

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Why is exercise important for your heart?

Exercise is important for your heart because it makes your heart stronger and healthier. The heart is a muscle and by exercising you are making it work hard. Just like any muscle, making it work hard makes it stronger. A stronger heart is better at doing its job, which is to pump high oxygen blood all around your body. Here are some examples of exercises you can do to make your heart stronger.

- Running
- Jump rope
- Walking
- Playing soccer, hockey, etc.

Interesting Facts!

The blue whale has the largest heart. It weighs over 1,500 pounds (680 kg)!

Despite what some people say, blood is NEVER blue. It is either light or dark red.

Arteries – Tiny tubes that carry blood (usually with oxygen) away from your heart

Veins – Tiny tubes that carry blood (usually without oxygen) towards your heart

Cells – The smallest part of a living thing. You are made of trillions of cells.

Reading Comprehension Questions:

1. What is the cardiovascular system?
2. What
3. What
4. What part of your blood carries oxygen?
5. Where

Extension Questions:

6. Arteries usually carry blood with high oxygen away from the heart. What structure in your body would your arteries transport LOW oxygen towards and why?
7. Why do
8. When you exercise,

Ecobottle Sample



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TWF READING

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