

## Ch-1 Human Body: The Circulatory system

### I Technical words:

#### 1. Plasma:

The liquid part of blood that carries nutrients, water and waste products

#### 2. Pulse:

The rhythmic beating felt in the arteries when the heart pumps blood.

#### 3. Haemoglobin:

A red pigment in red blood cells that carries oxygen.

### II Short answers:

#### 1. What is the function of white blood cells?

Ans i) white blood cells protect the body from infections by fighting <sup>against</sup> germs and diseases.

ii) They keep us healthy and safe.

#### 2. Give two ways to keep the heart healthy and strong.

i) Do regular physical activities like swimming, walking or cycling.

ii) Eat a balanced and healthy diet and avoid junk food.

### III Long Answers:

1. What are the differences between Arteries and Veins.

Arteries	Veins
i) Carry oxygen-rich blood from the heart to the body. (except the pulmonary artery)	i) Carry deoxygenated blood from the body to the heart (except the pulmonary vein).
ii) Take blood away from the heart.	ii) Bring blood back to the heart.
iii) Have thick, strong and elastic walls.	iii) Have thinner walls than arteries.
iv) Do not have valves.	iv) Have valves to stop blood flowing backwards.
v) Blood flows with high pressure.	v) Blood flows with low pressure.

2. Explain the process of Blood circulation.

Ans Blood circulation is the continuous movement of blood in our body with the help of the heart.



i) The right side of the heart receives deoxygenated (impure) blood from the body through the vena cava.

ii) This blood goes to the right ventricle.

iii) The right ventricle pumps it to the lungs through the pulmonary artery.

iv) In the lungs, blood releases carbon dioxide and takes in oxygen (becomes oxygenated).

v) The oxygen-rich blood returns to the left atrium through the pulmonary vein.

vi) It then moves to the left ventricle.

vii) The left ventricle pumps this blood to the whole body through the aorta.

viii) Blood supplies oxygen and nutrients to body parts and becomes deoxygenated again.

ix) It returns to the heart through veins and the cycle repeats.

#### IV HoTS

1. What would happen if our blood did not contain platelets?

Ans Blood would not clot properly. Even small cuts leads to continuous bleeding.

2. Why does our heart beat become faster when we run or exercise?

Ans i) The body needs more oxygen and energy.

ii) So the heart pumps faster to supply blood to all parts of the body.

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