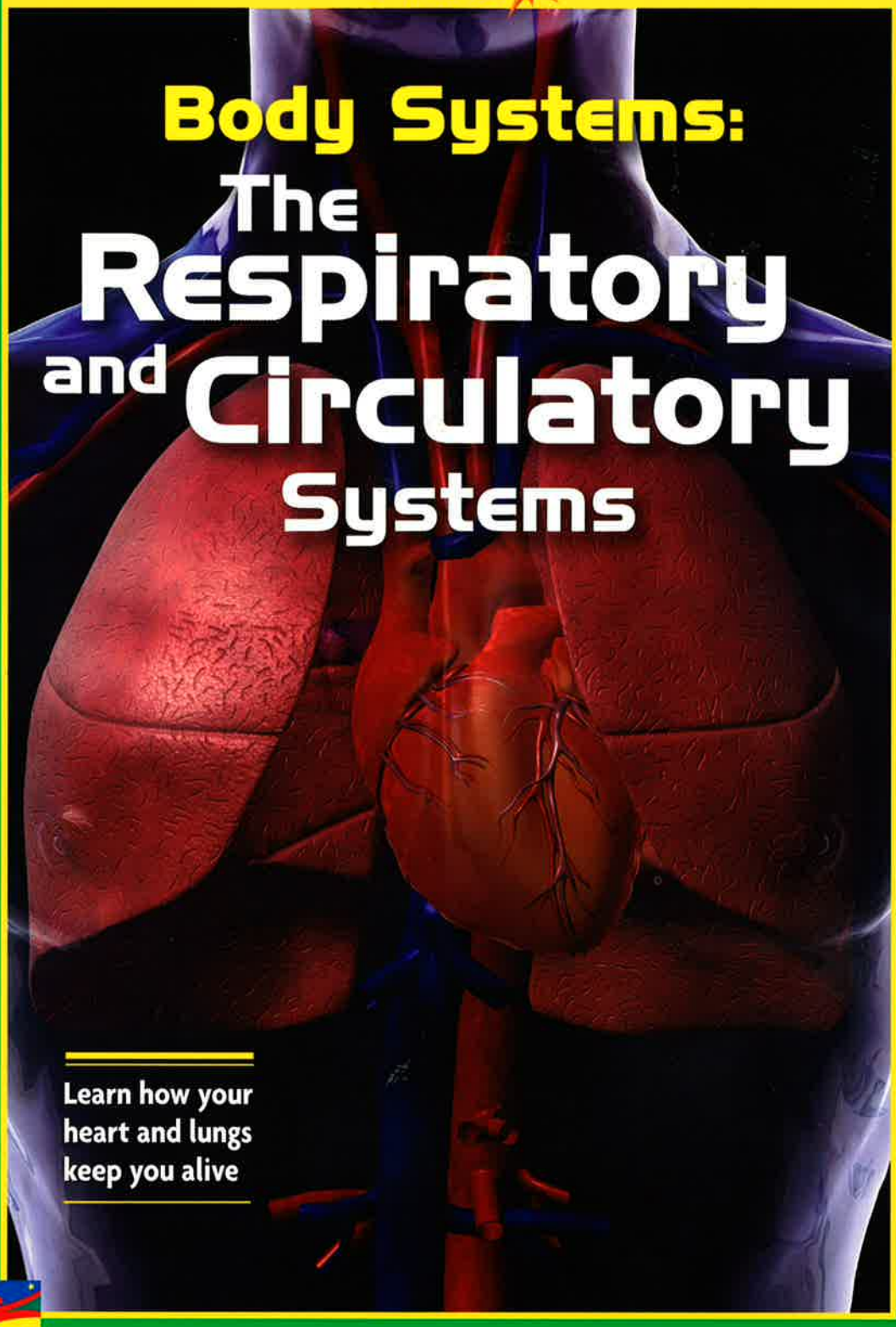
BRIDGES™

Body Systems: The Respiratory and Circulatory Systems



Learn how your heart and lungs keep you alive

BARBARA A. DONOVAN

Benchmark EDUCATION

SCIENCE AND MATH
The Human Body
Level 34 O

For teachers' inspection ONLY

READING

Comprehension Skill:

Draw Conclusions

As you read, look for many clues and pieces of evidence that help you draw conclusions. Conclusions are not stated in the book but have enough evidence to be proven.

Phonics/Word Study:

Suffix **-less**

As you read, look for words with the suffix **-less**, like **colorless**. The suffix **-less** sometimes means "without."

Look for these text and graphic features.

Text Features

- Table of Contents
- Introduction
- Sidebars
- Conclusion
- Glossary
- Index
- Information about the author
- Vocabulary words in boldfaced type
- Captions for photos, diagrams, and illustrations
- Bulleted list. Page 11
- Checkpoints. Check yourself to see that you understand what you have read. Pages 8, 17

Graphic Features

- Photographs
- Labeled Diagrams. Pages 5, 7, 12, 13, 15, 20, 29
- Graph. Page 16
- Time line. Pages 18–19
- Experiment. Page 11

SCIENCE

The Big Idea:

This book describes your respiratory and circulatory systems. It shows what the parts of each system are, how they work, and how they are related to exercise and your health.

Look for these special information features.

Content Sidebars

- **It's a Fact.** Interesting facts about your respiratory and circulatory systems. Page 20
- **Solve This.** Solve these math problems to learn more about the respiratory and circulatory systems. Pages 4, 9, 12, 14, 16, 21, 25, 27
- **Everyday Science.** See how science is part of your daily life. Page 26
- **Careers in Science.** Learn about jobs for people interested in the respiratory and circulatory systems. Page 7
- **They Made a Difference.** Meet people who are important to the study of the respiratory and circulatory systems. Page 23

Content Vocabulary

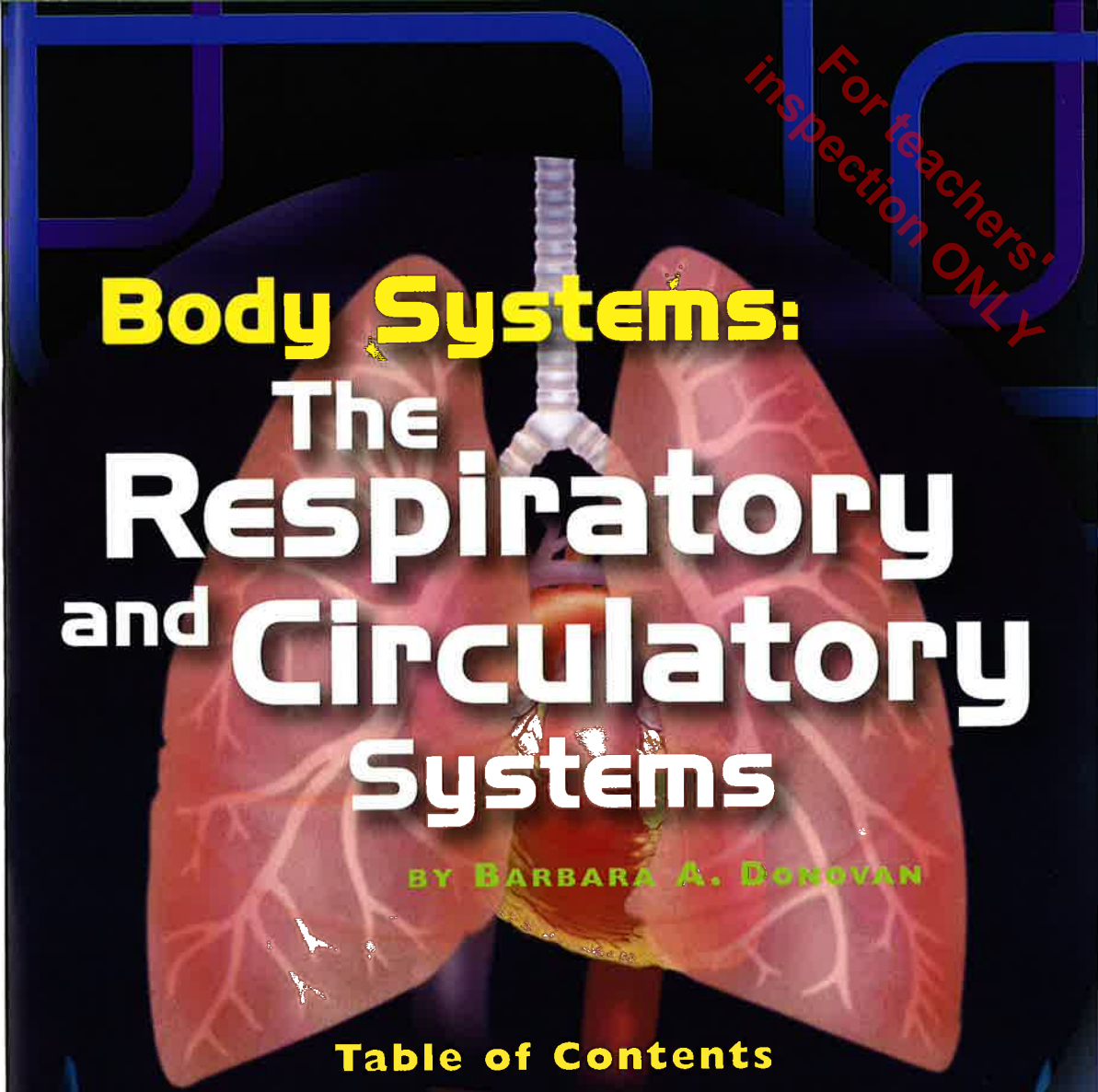
aerobic
anaerobic
bone marrow
carbon dioxide
circulatory system
gas exchange
oxygen
respiratory system
resting heart rate

Copyright © 2007 Benchmark Education Company, LLC. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information storage or retrieval system, without permission in writing from the publisher. Printed in China.
ISBN: 978-1-4108-7675-1

For information about ordering, call Toll-Free **1-877-236-2465** or visit our Web site: **www.benchmarkeducation.com.**

For teachers' inspection ONLY

Body Systems: The Respiratory and Circulatory Systems



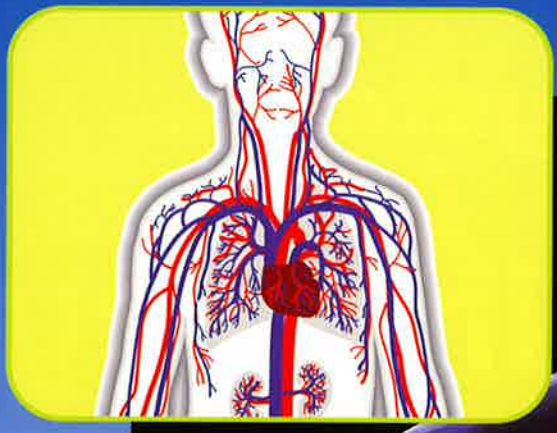
BY BARBARA A. DONOVAN

Table of Contents

Pictures To Think About i
Words To Think About iii
Introduction 2
CHAPTER 1 Your Respiratory System 4
CHAPTER 2 Your Circulatory System 12
CHAPTER 3 Your Blood 20
Conclusion 28
Solve This Answers 30
Glossary 31
Index 32

Pictures To Think About

For teachers' inspection ONLY



For teachers' inspection ONLY



Words To Think About

For teachers' inspection ONLY



Read for More Clues
aerobic, page 8
anaerobic, page 9
oxygen, page 6

For teachers' inspection ONLY

oxygen

What do you think the word **oxygen** means?

What is oxygen?

- a gas
- ?
- colorless

How does the body use oxygen?

- nose and mouth breathe it in
- ?
- lungs put it into blood



Introduction

For teachers' inspection ONLY

You decide to start running to get in shape. Should you sprint or jog? Does it make a difference?

You might be surprised that it does. That is because of the ways in which your **respiratory** (RES-puh-ruh-tor-ee) and **circulatory systems** (SER-kyuh-luh-tor-ee SIS-tumz) work.



▲ Sprinters run fast for a short amount of time.



▲ Joggers run more slowly over a longer distance.