

# (6) The Heart and Circulatory System

Podcast Length: 15:20

Character Value: Reliability

Health Message: Importance of minerals in food

## Introduction

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Today's Walking Classroom podcast focuses on the circulatory system. The circulatory system is made up of the heart, blood vessels, and blood. They all work together to deliver oxygen to the cells of your body and dispose of carbon dioxide waste. The heart is divided into four chambers, and each chamber has a special job.

## Discussion

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**1. What were some of the big ideas of this podcast?**

- ✓ *The circulatory system is made up of the heart, blood vessels (arteries and veins) and blood. They all work together to deliver oxygen to the cells of your body and dispose of carbon dioxide waste.*
- ✓ *The heart is divided into four chambers. These chambers are the right atrium, the right ventricle, the left atrium and the left ventricle. Blood flows away from the heart through arteries and returns to the heart through veins.*
- ✓ *Blood flows in a specific circuit through the body. Within the heart, the flow of blood is controlled by valves.*

**2. Why is a strong circulatory system important to good health?**

- ✓ *A strong circulatory system provides oxygen that repairs and creates cells.*

**3. A healthy circulatory system is reliable; we can depend on it to carry blood through our bodies without even thinking about it.**

**a) Why is reliability an important character trait?**

- ✓ *Suggestion: Reliability means that you have proven yourself to be trustworthy and dependable and others know that you will follow through on your word.*

**b) In what ways are you reliable?**

- ✓ *Suggestion: Always doing your chores and homework.*

## Health Check

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**1. Minerals are found in dirt and are absorbed by plants through the soil.**

- A) True      B) False

**2. Eating fruits and vegetables is a good way to provide your body with vitamins and minerals.**

- A) True      B) False