Minnesota Department of Health EL Health Curriculum Answer Key – Lesson 5

Lesson 5: Cardiovascular and Nervous Systems/Hypertension

Reading Comprehension
1. Red blood cells, white blood cells and platelets
2. Blood pressure is the force inside your blood vessels that pushes blood through your body.
3. High blood pressure can weaken organs or limbs. It can cause heart disease, stroke or heart attack.

Reading Comprehension
1. Specialized cells that receive and send signals throughout the body
2. Collections of neurons that create a pathway for signals to travel between your brain and body
3. It controls all functions of the body, without is the body cannot function or survive
Critical Thinking Skills: Voluntary action is an action you can control, involuntary is an action performed automatically.

Definitions Match and Complete the Sentence
1. f
2. b
3. c
4. g
5. d
6. e
7. a
8. h

Cloze paragraph order: oxygen, carbon dioxide, lungs, white blood cells, platelets

Vocabulary Card Match
1. HEART & a very strong muscle that pumps blood throughout the body
2. HEART ATTACK & heart does not get enough oxygen due to clogged blood vessel
3. BRAIN & part of the body that controls all functions of the body
4. BLOOD VESSELS & tubes that carry blood throughout the body
5. BLOOD & fluid that carries oxygen, nutrients, waste and water to and from body cells
6. RED BLOOD CELLS & carry oxygen back to cells
7. WHITE BLOOD CELLS & help the body defend against infections
8. PLATELETS & help to plug up the hole when a blood vessel breaks

Conversation
She should get her blood pressure checked often. She should eat more fruit and vegetables. She should get 30 minutes of physical exercise each day.

Quiz
1. d
2. d
3. b
4. d
5. a
6. a
7. c
8. Healthy diet, exercise, regular checkups

CCRS STANDARDS ALIGNMENT:

CCR Anchor 1 (Reading): Read closely to determine what the text says explicitly and to make logical inferences from it; cite specific textual evidence when writing or speaking to support conclusions drawn from the text.

- Ask and answer questions about key details in a text.