

Anticipation Guide : The Human Energy Systems

Name _____ Date _____

Before reading pages 119-125: In the space to the left of each statement, place a check mark (✓) if you agree or think the statement is true.

During or after reading: Add new check marks or cross through those about which you have changed your mind. Keep in mind that this is not like the traditional “worksheet.” You may have to put on your thinking caps and “read between the lines.” Use the space under each statement to note the page(s) and paragraph(s) where you are finding information to support your thinking.

___1. When you eat food, it is turned into energy by the digestive system and sent to parts of your body by your blood stream.

___2. Your blood is carried from your heart to the parts of your body through arteries, and it comes back to your heart through veins.

___3. Arteries, veins, and capillaries are all blood vessels, and capillaries are the largest of the three.

___4. There are four parts of blood, and some are liquid, and some are solid.

___5. Food that you eat becomes smaller because you chew it up in your mouth, but it becomes even smaller because of chemical reactions inside your body.

___6. The sequence followed by food once it enters your body is 1st mouth, 2nd esophagus, 3rd stomach, 4th small intestine, 5th either large intestine or blood stream.

___7. Your blood picks up oxygen in the lungs to carry it to the parts of your body, and then it returns to your lungs with carbon dioxide and other waste gases to be expelled when you breathe out.

___8. When you blow air out of your lungs onto a mirror, you can see the water vapor fog up the glass.

___9. Smoking is bad for your body for more than one reason.

___10. The digestive system, the circulatory system, and the respiratory system all work together to keep you alive and well.