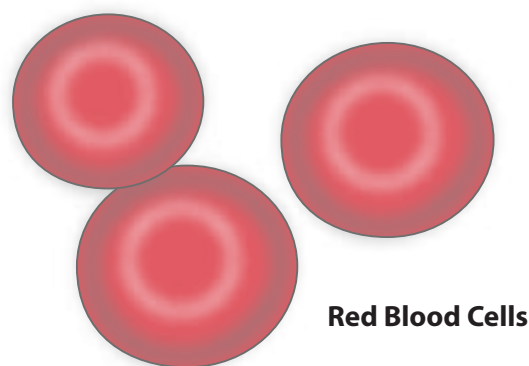


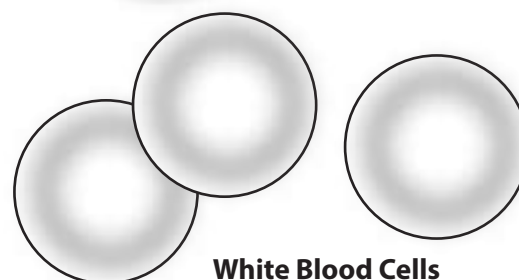
Blood!

Ew, blood! Blood may be icky, sticky, and gross, but it's one of the most important things in your body. Blood carries nutrients and oxygen to all the parts of your body so you can grow. Adults have about 5 liters of blood inside of them!

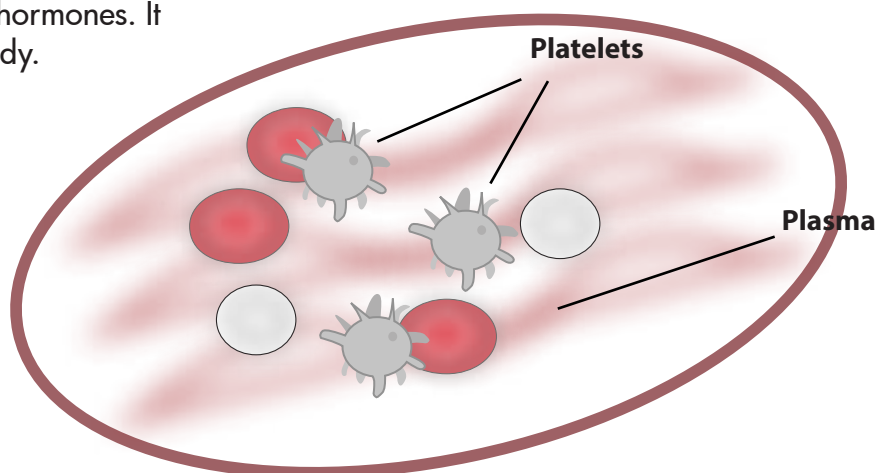
Blood is a mixture of four things: red blood cells, white blood cells, platelets, and plasma. **Red blood cells** carry oxygen from your lungs to the rest of your body to keep you healthy. They're what make your blood red. But what happens if you're not healthy? Blood has a built-in defense system. **White blood cells** help defend your blood against disease. When you get sick, your body makes more white blood cells to fight germs.



Platelets help you stop bleeding if you cut yourself. When you give yourself a paper cut or scrape your elbow, the blood around the wound quickly becomes sticky and hard. Without platelets, you would never stop bleeding!



Plasma is what red cells, white cells, and platelets float around in. Plasma is a liquid that carries mostly water, but it also carries some nutrients and hormones. It also carries waste away from your body.



Using the information in the paragraph above, complete the sentences below.

_____ blood cells take oxygen to your body. If you cut yourself, _____

help stop the bleeding and close up the wound. _____ is made up of mostly water.

_____ help fight germs. Most adults have about _____ liters of blood inside of them.