

Reading Tip

Test yourself. Create questions and then read to find answers to your own questions.

Target Your Reading

Use this to focus on the main ideas as you read the chapter.

- 1 Before you read** the chapter, respond to the statements below on your worksheet or on a numbered sheet of paper.
 - Write an **A** if you **agree** with the statement.
 - Write a **D** if you **disagree** with the statement.
- 2 After you read** the chapter, look back to this page to see if you've changed your mind about any of the statements.
 - If any of your answers changed, explain why.
 - Change any false statements into true statements.
 - Use your revised statements as a study guide.

Before You Read A or D	Statement	After You Read A or D
	1 Oxygen-poor blood flows through veins when it leaves the heart.	
	2 The heart has four compartments.	
	3 Blood flows to and from the lungs before circulating throughout the body.	
	4 Capillaries connect veins and arteries.	
	5 A heart-healthy lifestyle includes regular check-ups, a healthful diet, and regular exercise.	
	6 Red blood cells are the same in all humans.	
	7 A function of blood is to help fight infections.	
	8 Anemia only affects the circulatory system.	
	9 Lymph nodes function as filters for your body.	
	10 Blood contains a liquid called plasma that is mostly white blood cells.	