

MY BLOOD

AN AMAZING LIQUID

There's more to blood than what meets the eye! Use this activity to introduce students to the main ingredients of blood and some of the many ways that blood helps our bodies.

Students Will Learn:

- Our bodies need blood.
- Blood helps our bodies in many ways.
- Blood has four main ingredients.

Estimated Activity Time: 25–30 minutes

WORDS TO KNOW

oxygen: gas that does not have any color or smell and is needed for plants and animals to live

plasma: yellowish part of blood that is mostly water

cell: smallest part of a living thing, made of a jelly-like material

red blood cell: red-colored cell that carries oxygen to all parts of the body

white blood cell: colorless cell that protects the body from infection

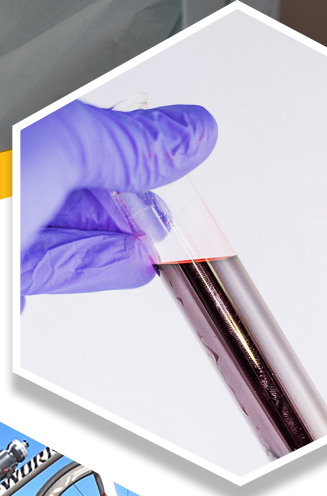
platelets: tiny cells that stop bleeding

Background Information

We can't live without blood. Blood helps our bodies maintain good health in many ways, such as supplying our bodies with oxygen and protecting us against germs. So what is blood? Blood looks red, but more than half of it is a watery yellow liquid called plasma. Plasma contains three different kinds of cells: red blood cells, white blood cells, and platelets. Each type of cell looks different and has a unique role in keeping our bodies healthy.



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Materials:

sheet of chart paper
yellow, red, and purple crayons or markers for teacher use
white paper scrap
scissors
glue stick
copy of the Blood booklet printable for each student
scissors for each student

Steps:

1. Ask students to name the liquid that our heart pumps throughout our bodies (*blood*). Tell students that blood supplies the different parts of our bodies with things they need, such as nutrients and oxygen. Explain that blood travels in tubes throughout our bodies much like trucks travel along roads to deliver supplies.
2. Display the chart paper and then quickly color a large area on it yellow. Tell students that more than half of blood is a yellowish liquid called *plasma*. Then label the yellow coloring “plasma.”
3. Draw red disks throughout the plasma as you explain that most of the cells in blood are red blood cells and they give blood its red color. Label the disks “red blood cells.” Tell students that each cell looks like a doughnut with a pushed-in center instead of a hole. Explain that red blood cells deliver oxygen to different parts of our bodies. Our bodies will stop working if they don’t get oxygen. Next, instruct each student to stand and jog in place for a few moments. Have each student stop jogging and then put his hand on his chest and observe that his heart is beating fast. Point out that his heart beats more quickly when he is exercising so the blood can deliver more oxygen to his muscles. Then have students sit back down.
4. Cut a white paper circle that is larger than your drawing of an individual red blood cell. Glue the cutout to the plasma and label it “white blood cell.” Explain that white blood cells protect our bodies against germs.
5. Draw several purple circles that are smaller than the red blood cells and label them “platelets.” Explain that platelets are small but they have a big job—to help a person stop bleeding.
6. Give each student a copy of the printable. Have him fold the printable on the center gray line, keeping the text to the outside, and then cut the three flaps. Guide him to lift each flap, in turn, and then write words or phrases below it to tell what blood is, what it has, and what it can do. (See the sample on the answer key page.)



Research Worldwide

Scientists and medical professionals know a lot about blood, but there’s a lot more to discover! The Leukemia & Lymphoma Society funds grants in several different countries so researchers can learn more about blood and how to help people whose blood doesn’t work well.

Standards Covered:

CCSS.L.1.6: Use words and phrases acquired through conversations.

CCSS.W.1.2: Write informative texts in which they name a topic, supply some facts about the topic, and provide some sense of closure.

**can
has
is**

Blood

Fold here.

“An Amazing Liquid”

Answer Key

Possible answers include:

Blood is

- like a supply truck that delivers what our bodies need
- a liquid our bodies depend on
- important to our health
- pumped by the heart

Blood has

- plasma
- red blood cells
- white blood cells
- platelets

Blood can

- protect us against germs and infections
- deliver oxygen to different parts of our bodies
- clot to stop small cuts from bleeding

