

**School to Home**

**LESSON 1**

**Transport and Defense**

**Directions:** Use your textbook to answer each question or respond to each statement.

**1. The body needs the nutrients in food to grow and survive.**

What happens to nutrients during the processes of digestion, absorption, and excretion?

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**2. The circulatory system transports nutrients through the body.**

**Identify** the main parts of the circulatory system and explain what each part does.

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**3. Oxygen reaches the body's organs through the respiratory and circulatory systems.**

**Describe** the interaction between the respiratory and circulatory systems that delivers oxygen to the body's organs.

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**4. The lymphatic system helps defend the body against viruses, bacteria, and toxins.**

**Explain** how immune cells from the lymphatic system help protect the body.

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