Science Fables

The River Inside You

Story Quiz

This quiz explores how the circulatory system moves blood, oxygen, and nutrients throughout the body.

1. What is the main job of the heart?

A. To digest food
B. To pump blood around the body
C. To clean the lungs
D. To control the nerves

2. Which blood vessels carry blood away from the heart?

A. Veins
B. Arteries
C. Capillaries
D. Nerves

3. Which blood vessels carry blood back toward the heart?

A. Veins
B. Arteries
C. Airways
D. Tendons

4. What happens in the tiny blood vessels called capillaries?

A. Blood is stored for later
B. Oxygen and nutrients move from the blood into body cells
C. Food is broken into smaller pieces
D. Bones produce movement

5. Why does the heart beat faster during exercise?

A. The muscles need more oxygen and nutrients
B. The lungs stop working
C. The blood becomes colder
D. The bones need more water

Answer Key

1. B — To pump blood around the body

The heart's main job is to pump blood around the body.

2. B — Arteries

Arteries carry blood away from the heart.

3. A — Veins

Veins carry blood back toward the heart.

4. B — Oxygen and nutrients move from the blood into body cells

In capillaries, oxygen and nutrients move from the blood into body cells.

5. A — The muscles need more oxygen and nutrients

The heart beats faster during exercise because the muscles need more oxygen and nutrients.