

Blood Vessels

As blood flows through the body, it passes through three types of blood vessels—arteries, veins, and capillaries.

Complete the table. Fill in the missing information.

| Blood Vessels | Structure | Function |
|---------------|--|---|
| arteries | thick walls containing connective tissue, endothelium, and smooth muscle | |
| | walls containing connective tissue, endothelium, and smooth muscle; large ones also have valves to control the direction of blood flow | carry blood toward the heart |
| capillaries | | bring nutrients and oxygen to cells and remove carbon dioxide and waste |

Use the table to answer the questions.

- Which are the smallest blood vessels? Circle the correct answer.
 capillaries veins
- How does exercise help veins function?
