Blood is a warm, soupy mixture of liquid and cells. The cells carry oxygen and fight germs, and the liquid carries nutrients to body cells and takes away waste. Blood contains three types of cells: red blood cells, white blood cells, and platelets. They float in a yellowish liquid called plasma. Inside blood vessels, your blood flows nonstop every second of the day. In arteries it moves in short, quick bursts due to the heart's powerful beat. In veins, it moves at a slower, more even speed. Within these vessels, blood is quite thin and runny, but as soon as it is exposed to air, or is cooled, it becomes thick and gloopy.

A pinhead-sized drop of blood contains about 2.5 million red blood cells, 3,750 white blood cells, and 160,000 platelets.

