

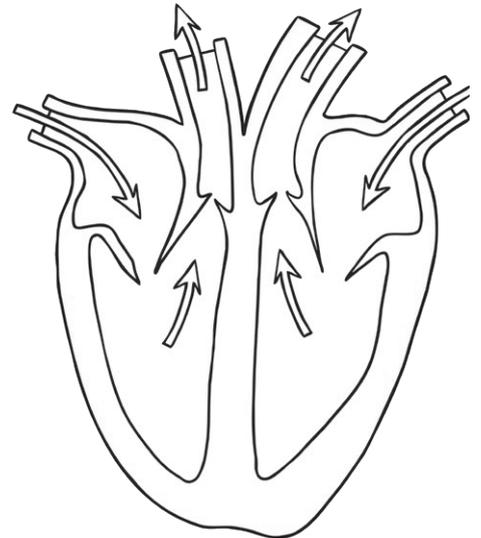
# Your Heart

The heart is a muscle in your chest made up of four chambers:

- the right atrium;
- the left atrium;
- the right ventricle;
- the left ventricle.

Your heart is protected by your ribs and pumps blood around your body. This is what happens:

Your blood 'picks up' the oxygen from your lungs and then it travels to your heart. The heart pumps or pushes the blood around your body by using the muscles in its walls. These muscles contract to push the blood around the body. Arteries carry the blood to every part of your body so your muscles and organs can use the food and oxygen to make them work. Veins carry blood back to your heart when all the oxygen has been used so the blood can be pumped back to your lungs again to 'pick up' more oxygen.



**Task 1:** Complete the following paragraph using the paragraph above to help you.

The heart is a \_\_\_\_\_ in your chest made up of \_\_\_\_\_ chambers. The heart is protected by the \_\_\_\_\_. The heart acts like a \_\_\_\_\_ pushing blood around the body. This happens because the muscles in the \_\_\_\_\_ of the heart regularly contract, squeezing out the blood. Blood travels away from the heart in blood vessels called \_\_\_\_\_ and travels to \_\_\_\_\_ part of your body. The blood travels through \_\_\_\_\_ to return to the heart. Blood collects \_\_\_\_\_ from the lungs then returns to the heart to begin the cycle again.

**Task 2:** Put a tick or a cross next to each of the following statements to show whether they are good or bad for your heart:

- |                                 |                          |                            |                          |
|---------------------------------|--------------------------|----------------------------|--------------------------|
| 1) Walking to the shops         | <input type="checkbox"/> | 6) Sitting and watching TV | <input type="checkbox"/> |
| 2) Eating lots of sweets        | <input type="checkbox"/> | 7) Walking the dog         | <input type="checkbox"/> |
| 3) Eating fruits and vegetables | <input type="checkbox"/> | 8) Drinking lots of water  | <input type="checkbox"/> |
| 4) Playing football             | <input type="checkbox"/> | 9) Going for a bike ride   | <input type="checkbox"/> |
| 5) Driving to the shops         | <input type="checkbox"/> | 10) Playing computer games | <input type="checkbox"/> |