

## THE HUMAN HEART – EXERCISES

1

**Answer the following questions in your own words.**

1. What size is the human heart ? \_\_\_\_\_
2. What are the four chambers of the heart called? \_\_\_\_\_  
\_\_\_\_\_
3. What do the atria do ? \_\_\_\_\_  
\_\_\_\_\_
4. What happens when the heart contracts? \_\_\_\_\_  
\_\_\_\_\_
5. How does the heart know in which direction it has to pump blood? \_\_\_\_\_  
\_\_\_\_\_
6. How long does it take to pump blood into every cell of your body ? \_\_\_\_\_
7. What happens when the heart muscle relaxes?  
\_\_\_\_\_
8. How many times per minute does the heart of an adult normally beat? \_\_\_\_\_
9. What happens to your heartbeat when you get older?  
\_\_\_\_\_
10. How can you feel your pulse?  
\_\_\_\_\_
11. What happens during a heart attack ?  
\_\_\_\_\_
12. What is a possible warning sign of a heart attack ? \_\_\_\_\_
13. What things should you do to keep your heart healthy ?  
\_\_\_\_\_  
\_\_\_\_\_

2

### Multiple Choice Test

Choose the correct answer for each question.

1. Blood vessels that carry blood to your body parts are called

- a. veins.
- b. arteries.
- c. ventricles.
- d. chambers.

2. Blood gives us

- a. oxygen.
- b. exercise.
- c. chest pain.
- d. air.

3. The septum is a

- a. chamber in your heart.
- b. beat of the heart.
- c. muscle in the middle of the heart.
- d. passageway in your body.

4. When people get older their heart rate

- a. increases.
- b. gets faster.
- c. gets slower.
- d. stays the same.

5. The greatest danger for your heart is

- a. a damaged muscle.
- b. a broken chamber.
- c. a heart attack.
- d. a pain in your back.

6. Which of these habits is bad for your heart?

- a. exercise.
- b. careful eating.
- c. too much cholesterol.
- d. too much sleep.

7. The heart beats fastest when you

- a. exercise.
- b. sleep.
- c. are relaxed.
- d. walk around.

8. What tasks do the atria have?

- a. They pump blood into your body.
- b. They bring blood back to your heart.
- c. They fill up with blood.
- d. They warn you of a heart attack.

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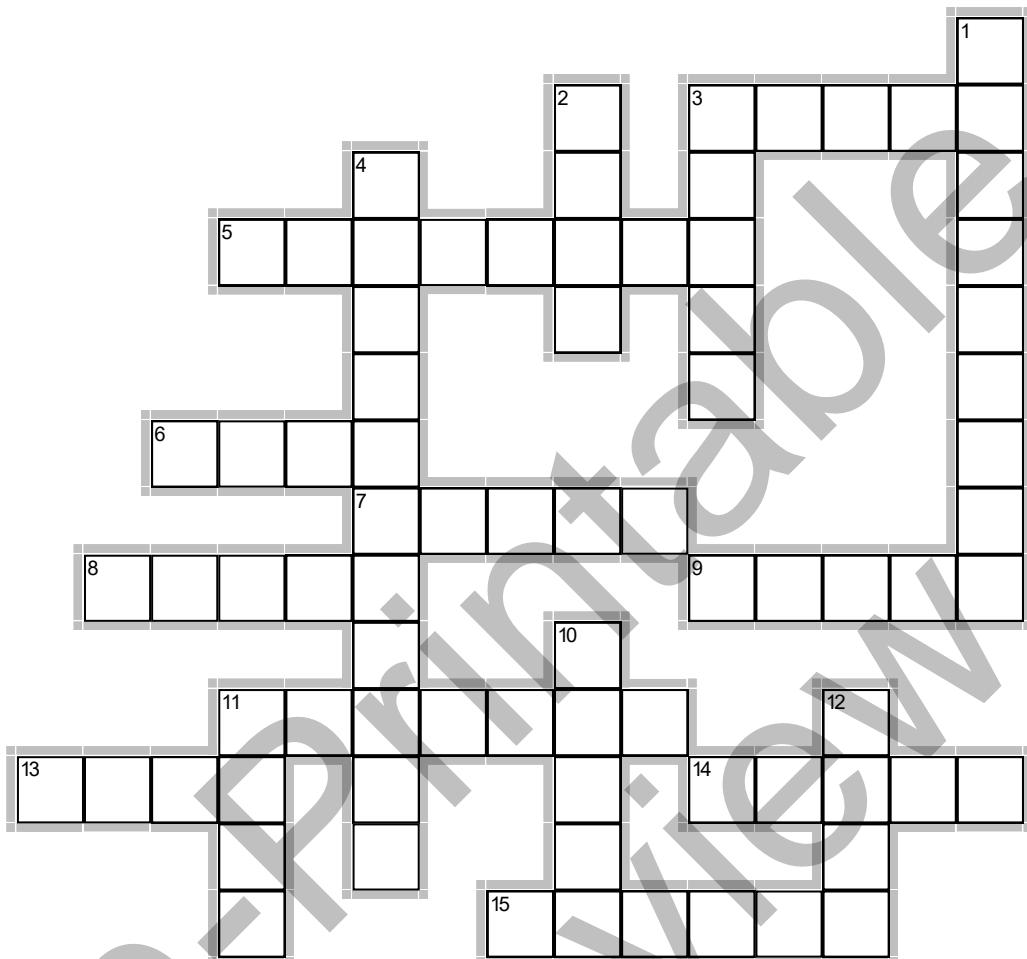
3

Match the words on the left with the definitions on the right.

<b>A</b>	upcoming		to press your hand together to make a round ball
<b>B</b>	survive		to become smaller
<b>C</b>	press		chamber that pumps blood out of the heart
<b>D</b>	pain		the heartbeat that you feel in different parts of your body
<b>E</b>	contract		part of the heart that is separated from other parts by a thin muscle
<b>F</b>	adult		something that will happen soon
<b>G</b>	pulse		gas that is in the air and that we need to breathe
<b>H</b>	valve		the feeling that something hurts you
<b>I</b>	squirt		front part of your body between your neck and stomach
<b>J</b>	oxygen		path that carries blood from the heart to other body parts
<b>K</b>	fist		a waxy substance in your body that is bad if you have too much of it
<b>L</b>	artery		a grown-up person
<b>M</b>	beat		the smallest part of a living organism
<b>N</b>	chamber		to stay alive, especially after a dangerous situation
<b>O</b>	vein		the pounding of the heart
<b>P</b>	ventricle		small part that makes sure blood flows in the right direction
<b>Q</b>	cell		blood vessel that carries blood back to your heart
<b>R</b>	chest		to push hard on something
<b>S</b>	cholesterol		when liquid comes out very quickly

4

### Crossword



#### Across

3. the beat that your heart makes and which you can feel in different parts of your body
5. activity that keeps you and your heart healthy
6. rhythm, pounding of the heart
7. chamber that fills the heart with blood (plural)
8. a grown-up person
9. part of a tube or pipe that opens or closes and controls how much blood goes through
11. part of the heart that is separated from the other parts by a thin muscle
13. a very small part of something living

14. front part of your body between the neck and stomach

15. gas that is in the air and which we need to breathe

#### Down

1. number of times your heart beats per minute (2 words)
2. the feeling you get if something hurts you
3. to push hard on something
4. when the heart suddenly stops working (2 words)
10. rest
11. to stop or block something from flowing
12. blood stream that carries blood from parts of the body to your heart

5

Complete the text with words from the box. There are TWO words you will not need.

A heart attack (1) \_\_\_\_\_ when blood flow to the heart is blocked. Recognizing the (2) \_\_\_\_\_ signs early can save a life. Here are some signs to look out for :

- the feeling of (3) \_\_\_\_\_ in your chest if it lasts more than a few minutes
- pain in the upper part of your body, including arms, (4) \_\_\_\_\_ , neck and jaw
- difficulty (5) \_\_\_\_\_ and being out of breath quickly
- other signs, for example, cold sweat or suddenly being tired

If a person has any of these (6) \_\_\_\_\_ you must call a doctor or an (7) \_\_\_\_\_ immediately. Every minute can make a difference between life and death.

To keep your heart healthy, focus on these daily (8) \_\_\_\_\_ :

- Eat the right food . Concentrate on fruits and (9) \_\_\_\_\_ and try not to take in a lot of salt, sugar or (10) \_\_\_\_\_ .
- Stay active ! Try to (11) \_\_\_\_\_ for at least 30 minutes a few times a week.
- Avoid smoking ! Tobacco is a leading cause of heart (12) \_\_\_\_\_ .
- Try to relax when you are in (13) \_\_\_\_\_ situations.
- Get regular check-ups and monitor your blood pressure and (14) \_\_\_\_\_ levels.

ambulance

back

breathing

cholesterol

disease

exercise

fat

habits

heart

occurs

pressure

pulse

stressful

symptoms

vegetables

warning