

1

Answer the following questions in your own words.

1. What size is the human heart ? **about the size of a fist**
2. What are the four chambers of the heart called? **the top two chambers are the atria and the bottom two chambers are the ventricles.**
3. What do the atria do ? **they fill up with blood**
4. What happens when the heart contracts? **it pumps blood from the chambers into the body**
5. How does the heart know in which direction it has to pump blood? **valves make sure that blood flows in the right direction**
6. How long does it take to pump blood into every cell of your body ? **about 20 seconds**
7. What happens when the heart muscle relaxes? **the chambers fill up with blood**
8. How many times per minute does the heart of an adult normally beat? **70 - 80**
9. What happens to your heartbeat when you get older? **your heart beats slower**
10. How can you feel your pulse? **in many parts of your body; press a finger on the inside of your hand, below the wrist**
11. What happens during a heart attack ? **the heart stops pumping blood to other body parts**
12. What is a possible warning sign of a heart attack ? **chest pain, suddenly being tired**
13. What things should you do to keep your heart healthy ? **exercise regularly, eat different kinds of food, avoid fat food , don't smoke, check cholesterol and blood pressure , manage stress, get enough sleep**

2

Multiple Choice Test

Choose the correct answer for each question.

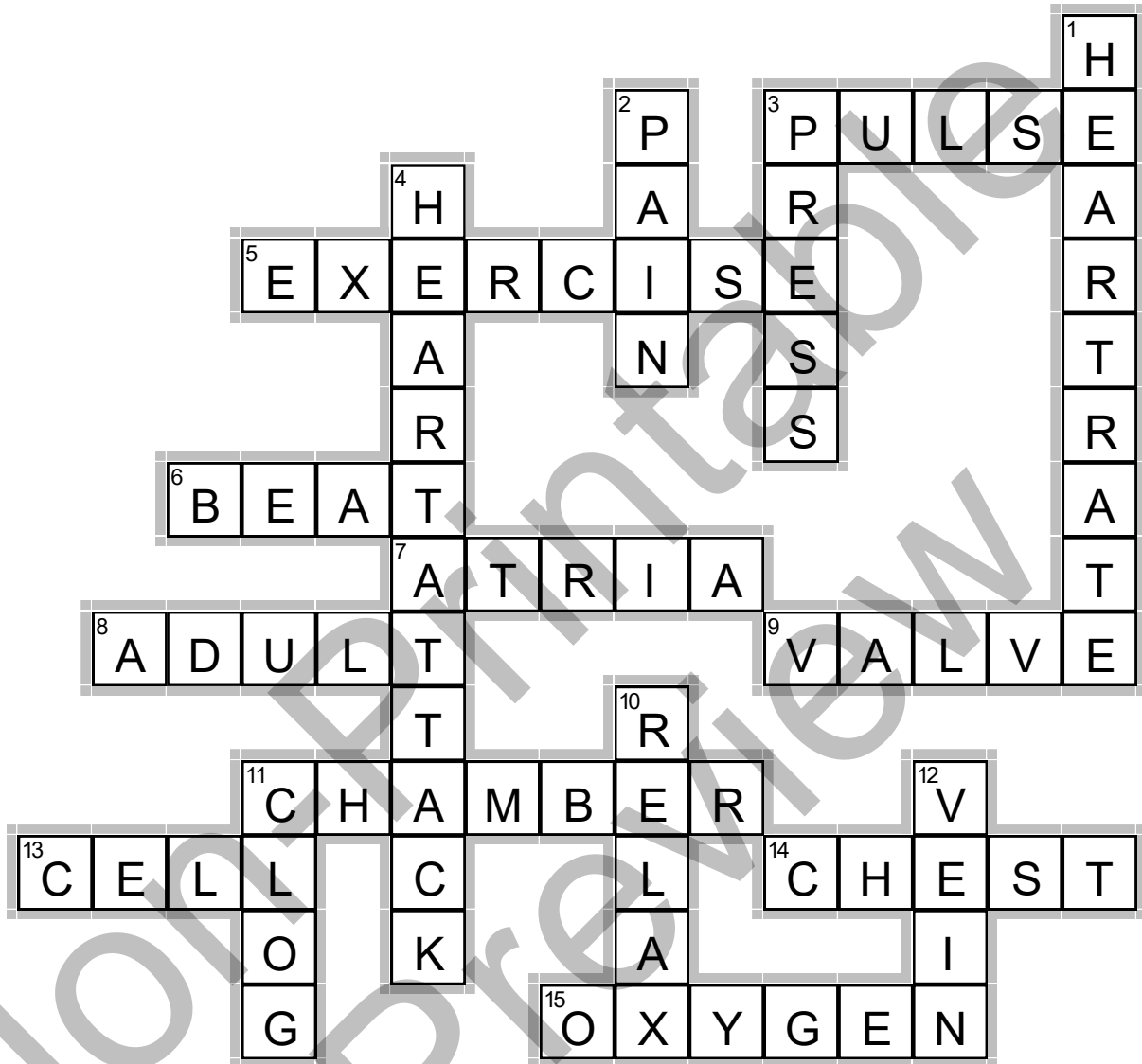
1. **Blood vessels that carry blood to your body parts are called**
 - a. veins.
 - b. arteries.**
 - c. ventricles.
 - d. chambers.
2. **Blood gives us**
 - a. oxygen.**
 - b. exercise.
 - c. chest pain.
 - d. air.
3. **The septum is a**
 - a. chamber in your heart.
 - b. beat of the heart.
 - c. muscle 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.

THE HUMAN HEART – KEY

3

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

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



5

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

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

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

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

To keep your heart healthy, focus on these daily (8) **habits**:

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

ambulance

back

breathing

cholesterol

disease

exercise

fat

habits

heart

occurs

pressure

pulse

stressful

symptoms

vegetables

warning