

## THE HUMAN HEART – WORD LIST

- **adult** = a grown-up person
- **artery** = a path that carries blood from the heart to the body
- **average** = normal
- **beat** =rhythm, pounding of the heart
- **blood pressure** = the force with which blood travels through your body
- **caused** =the reason for something
- **cell** = a very small part of something living
- **chamber** = a part of the heart that is separated from other parts by a thin muscle
- **chest** =the front part of your body between your neck and your stomach
- **cholesterol** = chemical substance in your blood; too much of it may cause heart disease
- **clog** =block, stop
- **contract, contraction** = to make something smaller
- **even though** = while
- **exercise** = physical activity that you do to stay healthy
- **fist** = to press your hand together to make it round like a ball
- **flow** =run
- **heart rate** = the number of times your heart beats every minute
- **make sure** =here: control
- **manage** = to deal with in the right way
- **oxygen** = gas that is in the air that we breathe
- **pain** =if something hurts you
- **passageway** = small ways or paths through the body
- **pick up** =to take along with it
- **press** = to push hard on something
- **process** =actions
- **relax** = rest
- **separate** =divide
- **squirt out** =if a liquid comes out very quickly
- **suddenly** = if something happens very surprisingly
- **survive** = to stay alive , especially after a dangerous situation
- **upcoming** = if something is going to happen soon
- **valve** =part of a tube or pipe that opens and closes and controls how much blood goes through it
- **vein** = path that carries blood from your body back to the heart