

Heart and Blood

Blood is a very important liquid that carries food and oxygen around your body. The food and oxygen is vital to organs, such as your brain and muscles. The blood is kept moving by a special pump called your *heart*, which is found in the middle of your chest and slightly to the left. Your heart is made of muscle and is about the size of your clenched fist.

When the heart muscle contracts (gets smaller) it pushes blood out of the heart and it travels to all parts of your body in tubes called *arteries*. When the heart muscles relaxes, blood flows back into it through tubes called *veins*.

Like other muscles and organs in your body, your heart needs to be looked after and there are a few things to remember.

Do not smoke

Eat a balanced diet

Take regular exercise

Read the text and answer these questions.

(1) What happens when your heart contracts?

(2) Match these words with their functions.

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| 1. heart | a. carries blood back to heart. |
| 2. blood | b. pumps blood around the body. |
| 3. artery | c. carries food and oxygen around the body. |
| 4. vein | d. carries blood away from the heart. |

(3) How does food and oxygen travel around your body?

(4) Which of the following are **good** for your heart and **bad** for your heart?

- a. drinking lots of beer. ___ b. walking to the shops. ___
c. eating fruit and vegetables. ___
d. smoking. ___ e. eating cream cakes. ___
f. driving to the shops. ___
g. 10 minutes skipping each day. ___