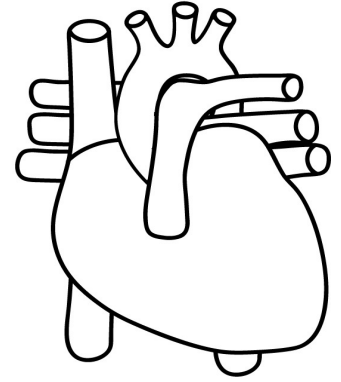


Name: \_\_\_\_\_

# Your Heart

by Cynthia Sherwood

Have you ever watched as your mom or dad pumps gas into your car? You may not realize it, but the most vital part of your body—your heart—is simply a fancy pump. It is designed to move your blood around your body. The heart is located a little to the left of the center of your chest and is about the size of your fist.



Your heart works very hard. When you run around a lot, you can feel your heart beating fast because it is pushing blood filled with oxygen and nutrients to the cells in your body.

Your heart is ~~is made of muscle and is divided into two parts. The right side receives blood from your body and pumps it to the lungs, and the left side receives blood from the lungs and pumps it to the rest of your body.~~

Your heart ~~muscles are made of a special type of muscle called cardiac muscle. It is made of a special type of muscle called cardiac muscle. It is made of a special type of muscle called cardiac muscle.~~ Your heart ~~muscles are made of a special type of muscle called cardiac muscle. It is made of a special type of muscle called cardiac muscle. It is made of a special type of muscle called cardiac muscle.~~ beat, blood is both entering and leaving your heart. The vessels that carry blood away from your heart are called arteries. The vessels that carry blood back to your heart are called veins.

Heart disease is common among older Americans because the heart can become clogged over time. The heart will not pump as well if someone smokes or eats a lot of unhealthy fats and sugary foods. To take good care of your heart, you should eat plenty of whole grains, fruits, vegetables, and lean proteins. You should also exercise often to get your heart pumping hard. Just like other muscles in your body, your heart needs exercise to keep strong.

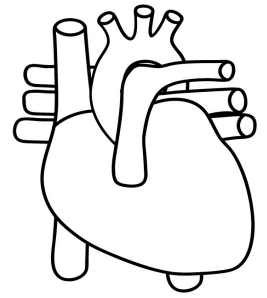
If you wonder why it is so important to have a strong heart, just think about this—your heart will beat about three *billion* times in your lifetime!



**PREVIEW**

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Name: \_\_\_\_\_



# Your Heart

by Cynthia Sherwood

1. Where is your heart located?

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2. What does your heart do for your body?

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3. How is the left side of your heart different from the right side?

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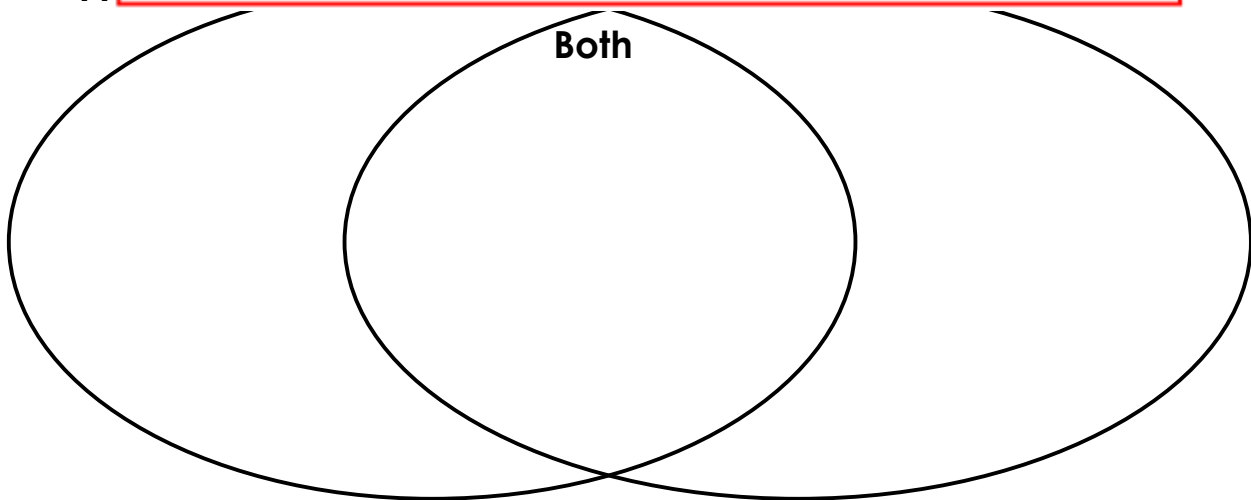
4. Complete the Venn diagram by labeling the parts of the heart. Write the names of the arteries and veins in the appropriate sections.



**~ PREVIEW ~**

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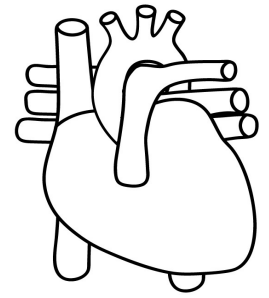


5. What are some things you can do to keep your heart healthy?

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# ANSWER KEY



## Your Heart

by Cynthia Sherwood

1. Where is your heart located?

To the left of the center of your chest.

2. What does your heart do for your body?

It is a pump that moves blood through your body.

3. How is the left side of your heart different from the right side?

The right side receives blood from your body and pumps it into your lungs.

The left

body.

4. Complete the Venn diagram by labeling the arteries and veins.



# ~ PREVIEW ~

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Arteries

Veins

Both

carry blood away from your heart

blood vessels that move blood through the body

carry blood back towards your heart

5. What are some things you can do to keep your heart healthy?

Eat healthy foods, such as whole grains, fruits, vegetables, and lean proteins.

Exercise to keep your blood pumping hard.