

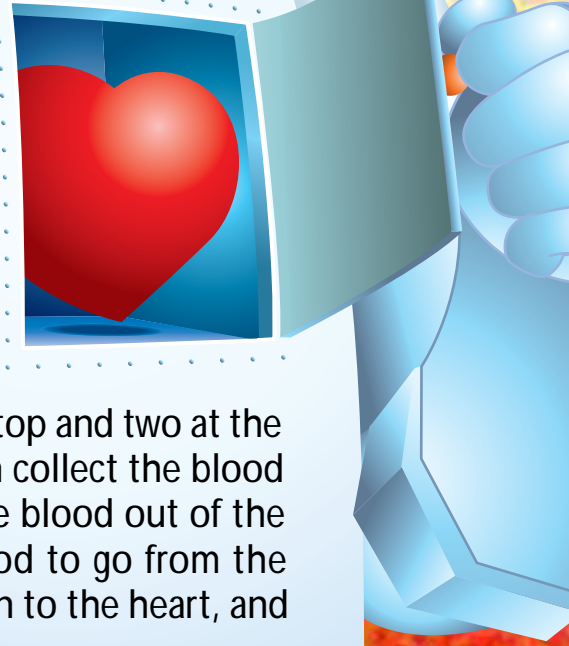
The heart is a powerful involuntary muscle that sends blood throughout our body. We cannot control what it does. It sends a single drop of blood around the 100,000 kilometres of blood vessels about a thousand times a day. This is an incredible feat for a muscle that is the size of a human fist.

The Human HEART

The heart is made up of four chambers – two at the top and two at the bottom. At the top, the left atrium and the right atrium collect the blood and the bottom two chambers, the ventricles, pump the blood out of the heart. It happens in one single heartbeat for the blood to go from the heart to the lungs where it loads up on oxygen and return to the heart, and then pass all over the body.

To ensure that the blood travels smoothly and consistently, the heart uses valves that open and shut with the flow of blood. The valves only open one way making sure that blood does not re-enter the chambers.

When you are ready for physical action such as running, your heart speeds up and delivers large amounts of oxygen to your legs enabling you to run quickly. After exercising, you may feel exhausted as your oxygen reserve may be used up. In a few moments, however, you will recover the oxygen needed at rest and your heart will slow down and resume a normal rate. The typical heart rate of an adult is 60 – 80 beats per minute while a younger heart would beat at a rate of 80 – 100 beats per minute.





Recalling Details

A. Circle the letters of the correct answers.

1. The job of the heart is to

| | |
|-----------------------------|------------------------------------|
| A. send blood to the lungs. | B. fill blood with oxygen. |
| C. help us run quickly. | D. send blood throughout the body. |

2. The size of the human heart is about

| | |
|-------------------------------|--------------------------------------|
| A. the same size as our head. | B. the size of a fist. |
| C. the size of a baseball. | D. 5 cm in height and 2 cm in width. |

3. To make sure that blood circulates smoothly, the heart uses

| | |
|-------------------------------|-------------------|
| A. a pacemaker. | B. blood vessels. |
| C. valves that open and shut. | D. oxygen. |

4. The valves control

| | |
|---------------------------------|---------------------------------------|
| A. heartbeat. | B. the amount of blood flow. |
| C. the direction of blood flow. | D. the amount of oxygen in the blood. |

5. When you are ready for physical action, your heart delivers

| | |
|----------------------------|-------------------------------|
| A. oxygen to your muscles. | B. electricity to your lungs. |
| C. blood to your feet. | D. air to your lungs. |



Matching the facts

B. Match the facts.

- | | | |
|----------------------|-------|--|
| 1. ventricles | _____ | A. adult's heart rate |
| 2. 60 – 80 beats | _____ | B. the atriums and the ventricles |
| 3. 4 chambers | _____ | C. type of muscle |
| 4. involuntary | _____ | D. the valves to prevent re-entry of blood |
| 5. 80 – 100 beats | _____ | E. pump blood out of the heart |
| 6. open one way only | _____ | F. child's heart rate |



Verbs

- A **Verb** tells what the subject is doing (action) or describes the state of the noun (non-action).

Examples (action): walk, run, jump, fly, sing, dance, scream

Examples (non-action): am, is, are, was, were

C. Underline the verb in each sentence. Write "A" for action word or "N" for non-action word.

1. The birds flew high above the trees. _____
2. The children played in the park. _____
3. He is nine years old. _____
4. Where were you last night? _____
5. What time is it? _____
6. The girls sang in the choir. _____
7. He was the first to arrive. _____
8. Do not cross the street without looking both ways. _____

D. Fill in the blanks with the appropriate verbs provided.

sailed built took went
stayed flew camped

During the summer holidays, many students 1. _____ on vacation. John 2. _____ to England to visit his relatives. Susan 3. _____ her uncle's boat. Paul 4. _____ in the woods with his parents and 5. _____ a campfire every night. Some pupils 6. _____ home. They 7. _____ day trips to various places.



Crossword Puzzle

E. Use the clues to complete the crossword puzzle. The words are underlined in the reading passage.



Check the meanings of these words in context.

1

2

3

4

A

A

N

D

L

H

B

N

R

C

E

M

S

D

P

L

E

A

T

ACROSS

- A. unbelievable
- B. giving it the power
- C. continue
- D. usual
- E. parts of the heart that open and shut

DOWN

- 1. rooms to store blood
- 2. acts on its own
- 3. tired
- 4. regularly, always the same