

Name \_\_\_\_\_

Date \_\_\_\_\_

# YOUR BODY: THE HEART

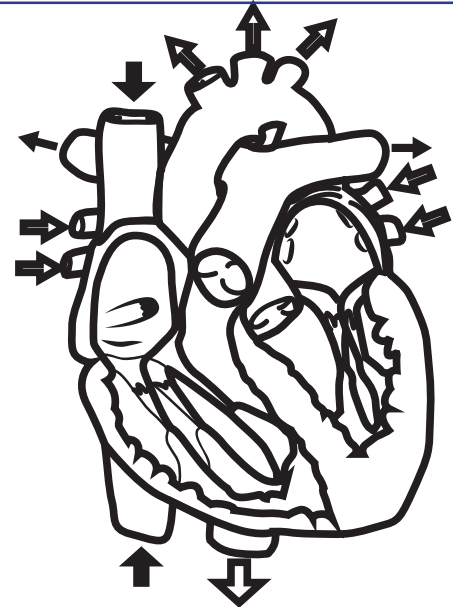
Your heart is roughly the same size as a peach, living just behind your ribs and tucked near the left lung.

The heart is made up of **four parts**. The bottom two chambers of your heart are called the **right ventricle** and the **left ventricle**. The **right atrium** and the **left atrium** are the two chambers at the top. The left and the right sides of your heart are two pumps joined by muscle tissue.

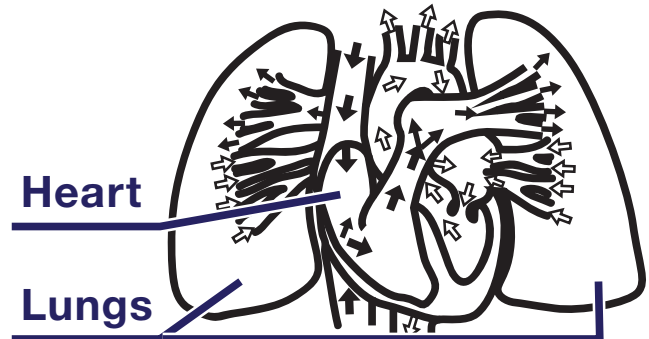
Your heart is made up of strong muscles that pump blood around the body by beating. When your heart beats, it's actually squeezing and relaxing, pulling **oxygen-poor blood** from your body and pushing it into your lungs, where the blood cells pick up more oxygen as you breathe. The heart then pulls in and pumps out the **oxygen-rich blood**, where it travels around your body.

**Small valves** that connect the heart to your blood vessels open and shut with each **heartbeat**, so that the blood can only move in one direction.

**Eating right** and **exercising** can help keep your heart happy and healthy. Be sure to **sleep well** and **have lots of fun** by moving around, making your heart healthy for adulthood!



OXYGEN-RICH BLOOD →  
OXYGEN-POOR BLOOD →



Answer the following questions, using complete sentences:

1. What are some interesting facts about the human heart you learned today?

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2. Describe at least two ways to keep your heart healthy.

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