Your heart and blood

Reading for grades 4 to 5 (Years 5 to 6). Read the text, then answer the questions on the next page.

Name _____

Your heart sits in the middle of your chest, tipped a little to the left, between your two lungs. It is a muscle about the size of your fist, and it never stops working.

The heart is a pump with four rooms called chambers. The two at the top are the atria and the two at the bottom are the ventricles. A wall down the middle keeps the right side and the left side apart.

Blood passes through the heart twice on every trip round the body. The right side of the heart takes in blood that has come back from the body. This blood has given away most of its oxygen, so the heart pumps it to the lungs. In the lungs the blood picks up fresh oxygen and gets rid of carbon dioxide. The blood then comes back to the left side of the heart, which pumps it out to the whole body through a large tube called the aorta.

Tubes that carry blood away from the heart are called arteries. Tubes that carry blood back to the heart are called veins. The tiniest tubes, called capillaries, link them together.

Each time the heart squeezes, blood is pushed along your arteries. You can feel this beat, called your pulse, on the inside of your wrist. When you run, your heart beats faster to send more oxygen to your muscles.

Your heart and blood: questions

Answer in full sentences. Look back at the text to check.

Name _____

1. **How many chambers does the heart have?**

2. **What are the two top chambers called?**

3. **Where does the right side of the heart pump blood?**

4. **What does blood pick up in the lungs, and what does it get rid of?**

5. **What is the difference between an artery and a vein?**

6. **Where can you feel your pulse?**

7. **Why does your heart beat faster when you run?**

Answers: Your heart and blood

1. **How many chambers does the heart have?**

   four

   Text: “The heart is a pump with four rooms called chambers.”

2. **What are the two top chambers called?**

   the atria

   Text: “The two at the top are the atria”

3. **Where does the right side of the heart pump blood?**

   to the lungs

   Text: “so the heart pumps it to the lungs”

4. **What does blood pick up in the lungs, and what does it get rid of?**

   it picks up oxygen and gets rid of carbon dioxide

   Text: “In the lungs the blood picks up fresh oxygen and gets rid of carbon dioxide.”

5. **What is the difference between an artery and a vein?**

   arteries carry blood away from the heart; veins carry it back to the heart

   Text: “Tubes that carry blood away from the heart are called arteries. Tubes that carry blood back to the heart are called veins.”

6. **Where can you feel your pulse?**

   on the inside of your wrist

   Text: “called your pulse, on the inside of your wrist”

7. **Why does your heart beat faster when you run?**

   to send more oxygen to your muscles

   Text: “When you run, your heart beats faster to send more oxygen to your muscles.”