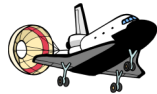
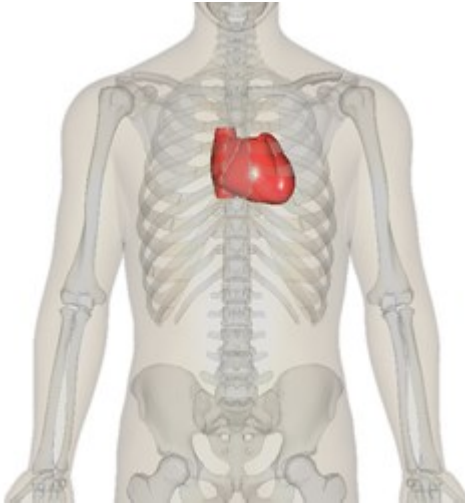


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10 Minutes with Science

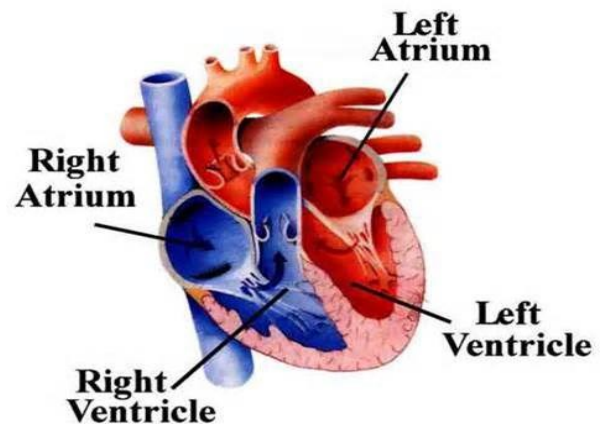
The Heart



The heart is a hollow muscle, the size of the fist of a hand, and is responsible for pumping blood through the body. It weighs approximately 250 grams and is covered by a layer called the pericardium that protects the heart. It is an organ that can pump up to 5 liters of blood per minute. The rate the heart beats depends on a person's age. Adults can have about 80 beats per minute while children may have beats higher than 100 beats per minute.

The heart is divided into 4 chambers or cavities, two at the top called atria and two at the bottom called ventricles.

The left side of the heart pumps blood from the lungs to the rest of the body, while the right side causes the blood to return to the heart so it can be sent back to the lungs. Blood always goes in the same direction, thanks to valves that close automatically when blood passes through the different chambers.



The heart beats constantly and unless there is a heart problem it never stops. If the heart stopped for a long time or had an irregular rhythm, there could be very serious health problems. It could even lead to the person's death. That's why it is important to take care of your heart by exercising regularly, not drinking alcohol or smoking tobacco. Remember, you only have one heart and it's for life.

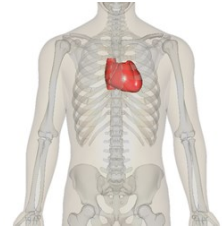


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ANSWER THE QUESTIONS

1. What does the heart do?

- a. Pumps saliva from one side of the body to the other
- b. Pumps blood from the inside out
- c. Pumps blood through the body
- d. Pumps valves that carry blood

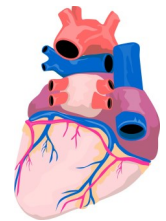


2. What size and how much does the heart pump?

- a. The size of a hand and pumps 5 meters of blood per minute
- b. The size of a fist and pumps 5 litres of blood per hour
- c. The size of a fist and pumps 5 liters of urine per minute
- d. The size of a fist and pumps 5 liters of blood per minute

3. Why does the heart always have to be pumping blood?

- a. If it doesn't, we can die
- b. If it doesn't, we can't run
- c. If it doesn't, we could be in good health
- d. If it doesn't, we can't smoke or drink



4. To maintain good health and take care of the heart, we must smoke less and drink little alcohol.

- a. True
- b. False

5. According to the text, who has the most beats per minute?

- a. Adults
- b. Animals
- c. Children
- d. Blood

