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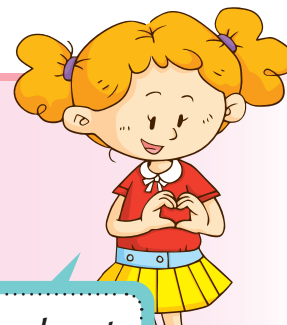
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The Human Heart



This passage explains general facts about the powerful human heart. You will learn what the heart does, what makes up the heart, how the heart works, and what happens to your heart when you perform physical action. You will learn how incredible the human heart is.



my heart



1.1

Read the questions in this unit before listening. Take notes as you listen. You may read the listening script on page 225 if needed.

Keywords

involuntary
 blood vessel
 incredible
 muscle
 chamber
 atrium
 ventricle
 heartbeat
 consistently
 valve
 exhausted
 oxygen reserve
 resume
 heart rate

Notes

SAMPLE

A. Read the questions. Then check the correct answers.

1. How big is the human heart?
 - (A) the same size as our head
 - (B) about the size of a fist
 - (C) the size of a watermelon
 - (D) as big as a ping pong ball

2. What are the chambers of the heart called?
 - (A) valves
 - (B) atriums and ventricles
 - (C) lungs
 - (D) vessels

3. What is the typical heart rate of a child?
 - (A) 50 – 60 beats per minute
 - (B) 60 – 80 beats per minute
 - (C) 80 – 100 beats per minute
 - (D) 100 – 110 beats per minute

4. After exercising, why do you feel exhausted?
 - (A) Your blood stops circulating.
 - (B) Your lungs stop working.
 - (C) Your oxygen reserve is used up.
 - (D) The valves in your heart stop working.



B. Listen to the questions and answer options. Then write the correct letters in the boxes.



1

2

3

4

C. Fill in the blanks with the correct words to complete the sentences.

valves oxygen muscle chambers vessels

1. The heart is an involuntary _____ .
2. The heart sends blood through blood _____ to all parts of your body.
3. There are four _____ in the human heart.
4. Blood goes from the heart to the lungs to load up on _____ .
5. The heart has _____ that open and shut with the flow of blood.

D. Answer the questions.

1. What are the different parts of the heart? What do they do?

2. Explain what a single heartbeat does to your body.

3. What happens to your heart when you run?

E. Listen to the passage “The Human Heart” again. Then write a summary in no more than 80 words.



Include only the main points in the summary. Use your own words.



Summary

Words That I Have Learned
