

KEEPING HEALTHY

Name _____ *

1. What does your heart do?

- It pumps air around your body
- It pumps blood around your body
- It pumps blood to just your muscles

2. Which of these would make your heart beat the fastest?

- Lying down
- Sitting on a chair
- Swimming

3. What does your pulse rate tell you?

- How fast your heart is beating
- How fast you are running
- How old you are

4. Why does your heart beat faster when you exercise?

- Because it gets excited
- To get oxygen to your muscles more quickly
- To make a louder noise

5. Which of these is true?

- Eating bread or pasta gives us energy to be active
- Eating lots of chips helps us grow healthily
- Meat gives us most things we need to keep healthy

6. Why are foods like eggs, fish and milk important in a healthy diet?

- They contain lots of fibre, which is good for your heart
- They contain lots of protein, which helps your body grow
- They contain lots of sugar

7. Blood moves round your body in special tubes called blood vessels. Which of these is NOT a blood vessel?

- A vein
- An artery
- A ventricle

8. What happens to your blood when it reaches your lungs?

- It picks up oxygen
- It picks up carbon dioxide
- Nothing

9. Where is your heart?

- In the middle of your chest
- On the right side of your chest
- On the left side of your chest

10. Why is smoking cigarettes bad for you?

- Because cigarettes can burn your fingers
- Because cigarettes can harm your heart and lungs
- Because the smoke can get in your eyes