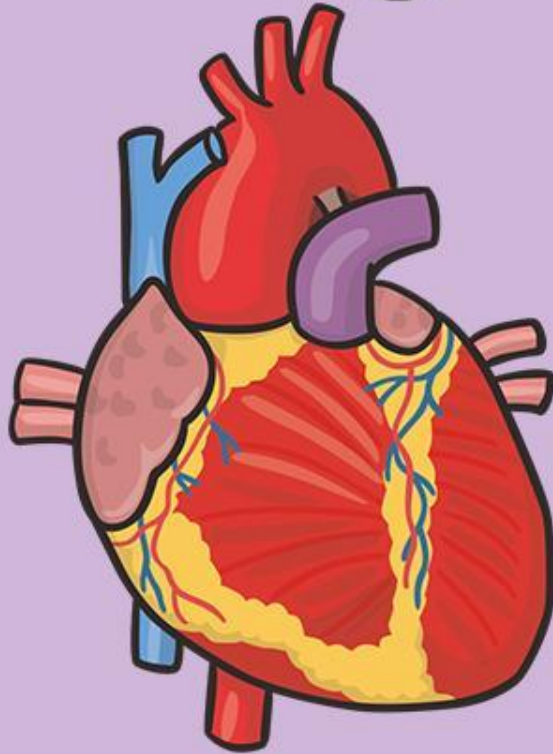


# A Healthy Heart



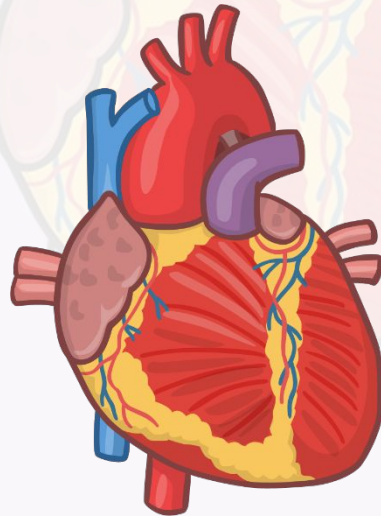
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# What Does The Heart Do?

The heart is like a pump that pushes blood around the body.

We need to pump blood to the different organs in our body so that they can perform their functions well.

One half of the heart gets blood from the body and pumps it to the lungs. The other half of the heart gets blood from the lungs and pumps it to the body.



# Feel Your Pulse

You can feel the blood being pumped around your body by feeling your pulse.

Press two fingers to your wrist or neck to feel the blood pumping in your body.





# Racing Heart

When we do physical activities, our heart has to beat faster to get the blood pumping quickly to our organs.

Run on the spot for a minute and then check your pulse again.  
Has it changed?

Doing exercise keeps our hearts healthy.



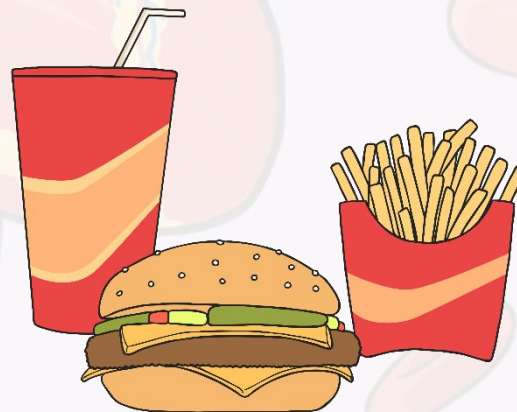
# An Unhealthy Heart

It is important that we keep our heart healthy so that it can continue to pump blood around our body.

Regularly eating food that is high in fat can lead to heart disease.

Smoking is very bad for our body and can lead to heart disease.

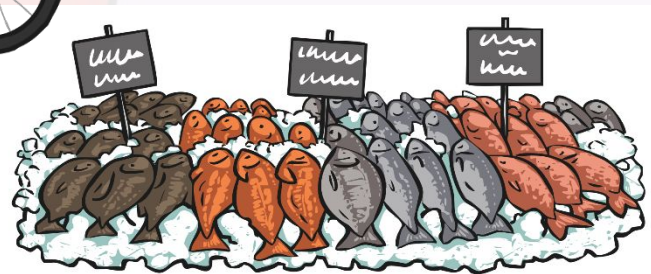
If we don't do enough exercise, we can become overweight which increases the chance of heart disease.



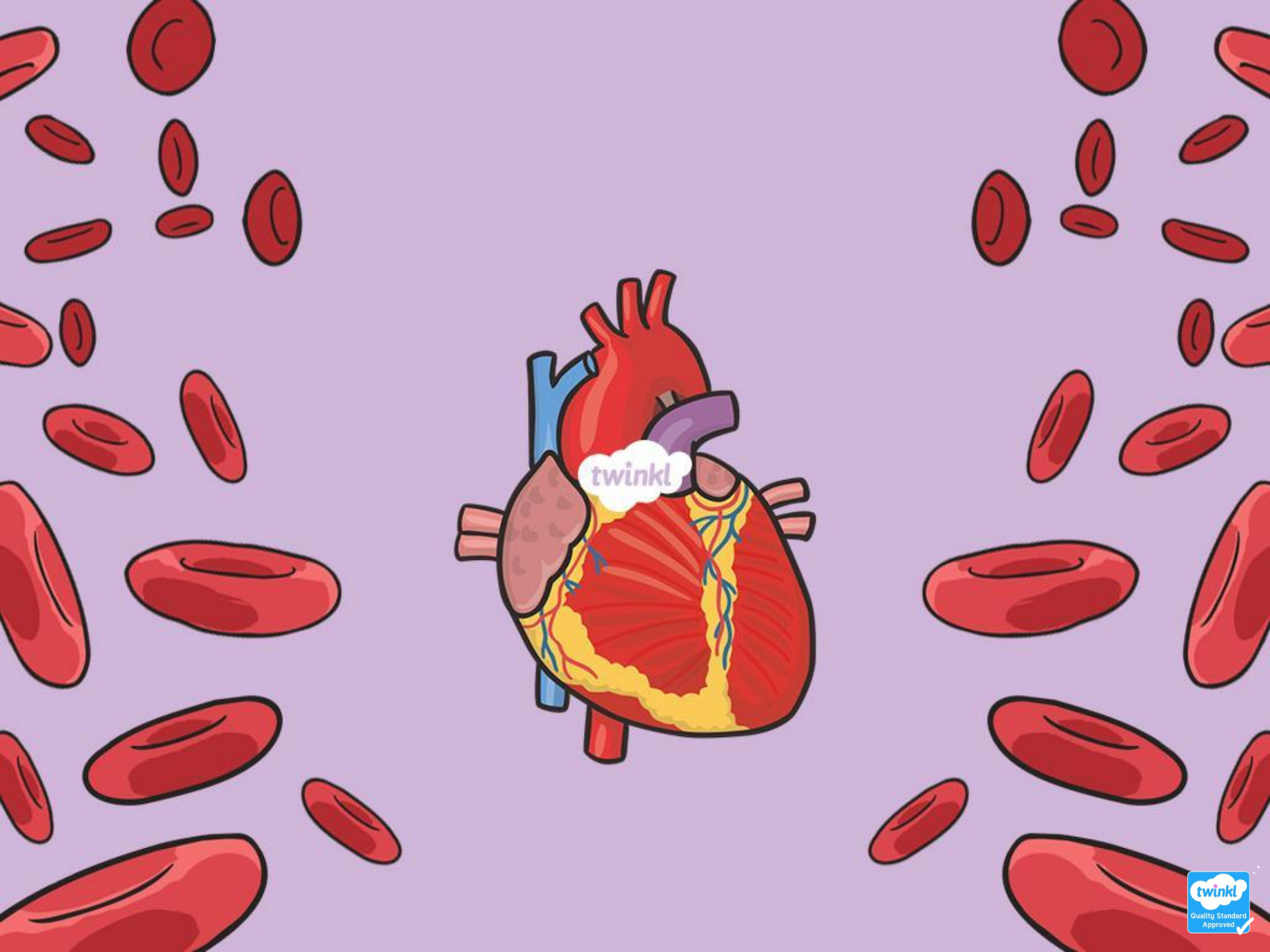
# A Healthy Heart

To keep your heart healthy you should try to:

- do 30 minutes of activity per day;
- eat a balanced diet with lots of fruit and vegetables;
- eat more fibre like wholemeal bread or potatoes with their skins on;
- eat fish twice a week.







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