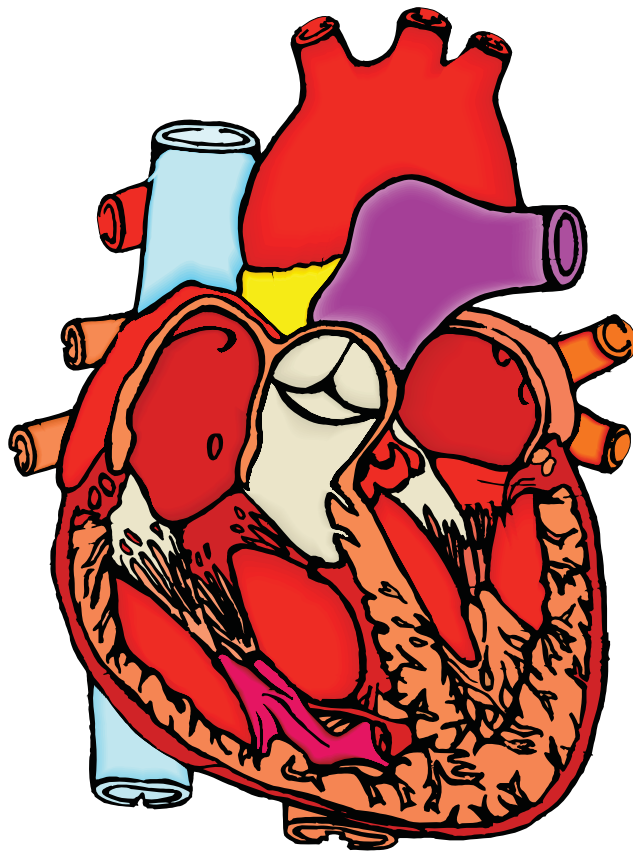


The heart



Your heart pumps blood around your body. It beats about once every second. Your heart has valves in it.

Look at this table. It shows roughly the number of beats of the heart a minute. This is known as your pulse rate.

Sleeping baby	120 beats
Elephant	25 beats
Adult doing something physical	150+ beats
Sleeping adult	Under 60 beats
Ten year old	Up to 100 beats



Please remember to recycle this activity

1. Why do you think your pulse increases when you do something active like running or jumping?

2. Why does your heart slow down when you are asleep?



Please remember to recycle this activity

To keep healthy you need to do certain things. Look at the list below. Tick the things that are good for you and put a cross by the things that are bad for you.

- | | |
|---|--|
| ☐ Smoking | ☐ Eating fresh fruit and vegetables |
| ☐ Eating lots of fatty foods | ☐ Getting worked up about things |
| ☐ Regular exercise | ☐ Drinking lots of beer |

On the next page, draw a picture of one way you can keep healthy.



Please remember to recycle this activity

*i*Child[®].co.uk