

## Reading Comprehension Exercise 4

### Middle Primary Advance English

Read the passage and answer the questions that follow.

#### The Amazing Heart

The heart is a special muscle inside your chest that works non-stop to keep you alive. It's about the size of your fist and sits between your lungs, slightly to the left.

Every day, your heart beats around 100,000 times and pumps blood through over 96,000 km of blood vessels in your body –that's like four times around the Earth!

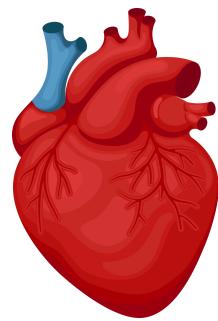
Your heart has four main rooms called chambers: two on top called atria (one right atrium and one left atrium) and two on the bottom called ventricles (right ventricle and left ventricle). The atria receive blood coming into the heart, while the ventricles pump it out. Doors called valves keep blood flowing the right way—they open to let blood in and close to stop it from going backward. These valves make a "lub-dub" sound when they snap shut, which is your heartbeat!

Blood without oxygen is blue-red and comes from your body into the right atrium. It moves to the right ventricle, which pumps it to your lungs through the pulmonary artery. In the lungs, blood picks up oxygen and turns bright red. This oxygen-rich blood returns to the left atrium, then to the left ventricle. The powerful left ventricle pumps it out through the aorta to every part of your body, like your brain, arms, legs, and skin.

The heart's job is part of the circulatory system, which delivers oxygen and nutrients to cells and removes waste like carbon dioxide. Without the heart, your body couldn't move, think, or grow. It even beats before you're born—about 22 days after you start forming in the womb!

Your heart pumps 7,600 litres of blood each day, enough to fill a swimming pool every month. It can speed up when you run or slow down when you sleep. Athletes have stronger hearts that pump more blood with each beat. To keep your heart healthy, eat fruits and veggies, play outside, and don't smoke.

Sometimes hearts get sick if you eat too much junk food or don't exercise. Doctors use stethoscopes to listen to your heartbeat. Heart transplants save lives when hearts fail, but most people keep their own healthy hearts for a lifetime.



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### Questions

1. How big is the heart

- a) Size of a basketball
- b) Size of your fist
- c) Size of a soccer ball
- d) Size of your head

2. What are the top chambers of the heart called?

- a) Ventricles
- b) Valves
- c) Atria
- d) Arteries

3. What do valves in the heart do?

- a) Make blood faster
- b) Stop blood from flowing backward
- c) Pump oxygen
- d) Beat the heart

### True or False

- 4. The heart only beats when you exercise. (True /False)
- 5. The left ventricle pumps blood to the body. (True/False)
- 6. Blood picks up oxygen in the lungs. (True/False)

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### Questions

7. What colour is oxygen-rich blood?

- a) Blue
- b) Blue-red
- c) Bright red
- d) Green

8. How much blood does the heart pump daily?

- a) 1 litre
- b) 20 litres
- c) 7,600 litres
- d) 10,000 litres

9. Why do you think athletes have stronger hearts?

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10. If someone eats too much junk food, what might happen to their heart? Explain in your own words.

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## Reading Comprehension Exercise 4 - Solutions

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#### Questions

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#### True or False

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9. Why do you think athletes have stronger hearts?

Athletes have stronger hearts because they exercise a lot,

so their hearts pump more blood with each beat and work more efficiently.

10. If someone eats too much junk food, what might happen to their heart? Explain in your own words.

Their heart might get sick or weak because eating too much junk

food and not exercising enough can make it unhealthy and stop it

from working properly.