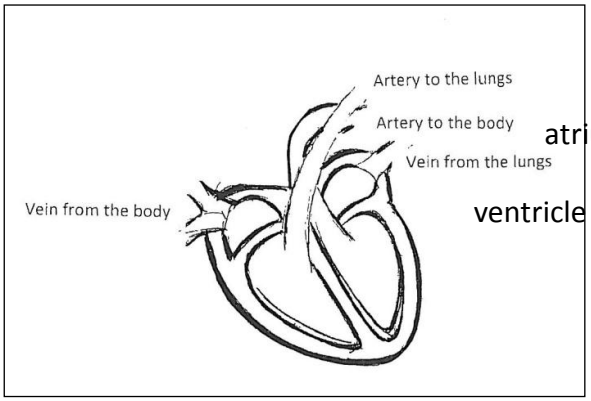
1) The heart is a muscle in the chest. It contracts to pump blood around the body.

a) Colour the blood in the heart:

blood with oxygen: red
blood without oxygen: blue

b) Draw the direction of the blood circulation using arrows.



2) The contraction is called a beat or systole. The dilatation between two contractions is diastole. How many times does your heart beat in a minute?

Touch (press) the artery on your wrist and count the beats (pulse). Your results compare with your partner.



a) My pulse: _____ times a minute.

My partner´s pulse: _____ times a minute.

b) Count them again after 20 knee-bends.

My pulse: _____ times a minute.

Does the heart beat faster or slower now? _____

Can you explain why ? (useful vocabulary: muscles, oxygen, nutrients, carbon dioxide, waste products, need, more)

_____

_____

3) Match: BLOOD KREV TRANSPORT

TEPNA HEART PŘEPRAVA

ARTERY SRDCE VEIN

KYSLÍK OXYGEN ŽÍLA PLÍCE LUNGS

4) Compare veins and arteries: (Look at scheme 1b what is different.)

_____

_____

_____

5) Read short parts of articles from magazines and write names of these countries : Japan, Italy, the United Kingdom, the Czech Republic, France, the USA

- about 400 types of cheese, wine, olive oil, rich deserts, in most homes desserts consist of only a fruit or yogurt …
- has the largest fast food industry in the world with 2 mil. workers ...
- secret of long life in Okinawa : little fat, salt, sugar, a lot of local soya, fruit and vegetables…
- tobacco is the single greatest cause of death, a packet of 20 cigarettes costs between 5.22 and 8.00 pounds…
- relaxed lifestyle, people who love to enjoy life to the full...
- thanks to the fantastic climate they can relax outdoors by the sea…
- 163.5 litres of beer per year and person. 1st place in the word …

6) Explain to people what to do or not to do to have a healthy heart. Write at least 3 sentences. Start your sentences for example with:
You should/shouldn´t… Do/Don´t… Eat … You must/mustn´t…)
The previous exercise can help you.

a)

_____

_____

b)

_____

_____

c)

_____

_____

7) Have a discussion about a lifestyle in different countries and about your lifestyle.