



- 1. What are the things to avoid in keeping your heart healthy?**
- 2. When you are running or doing activities, why does your heart beats faster?**
- 3. What is the main function of our heart?**
- 4. Describe how the heart looks like and where is it located?**
- 5. Give the function of each chambers of the heart.**
- 6. What is the biggest artery in the heart? Explain why it is the biggest.**
- 7. What is the difference between an artery and a vein?**
- 8. Describe the body's blood circulation through the heart**
- 9. Give the two blood vessels and its functions.**
- 10. How can you find and check your pulse rate?**