

Heartbeat and pulse

Fill in the missing words in the sentences. Use the words in the box.

70	pressure	oxygen	pulse
neck	food	wrist	90

Your heart beats about 1. _____ times a minute.

The more active you are, the more often your heart needs to beat to supply enough 2. _____ and 3. _____ from the blood.

Your 4. _____ is caused by the 5. _____ of the blood as the heart pumps it to the rest of the body.

Two good places to find your pulse are on the side of your 6. _____ and the inside of your 7. _____.