

Pulse and Heart Beats



Directions: Read the questions and choose the correct answer.

Watch the video at <https://www.youtube.com/watch?v=tF9-jLZNM10>

1. You can feel your heartbeat when you feel the blood vessels on the side of your neck
 - a. True
 - b. False
2. Your heart is the size of
 - a. a peanut
 - b. your rib cage
 - c. your fist
 - d. your head
3. Your blood transports nutrients and exchanges waste. You can compare your blood to...
 - a. a delivery truck.
 - b. garbage.
 - c. a bowl of soup.
 - d. an unmoving pond of algae.
4. Your heart pumps oxygen-rich blood to
 - a. your head and feet
 - b. your legs
 - c. your stomach
 - d. your whole body
5. Your heart can pump blood to every part of your body in
 - a. Less than one minute
 - b. 2 hours
 - c. Less than one second
 - d. 30 minutes
6. How often does your heart beat?
 - a. 100 times every day
 - b. Around 100,000 times every day
 - c. 1,000,000 times every day
 - d. impossible to know
7. When does your heart beat speed up?
 - a. when you finally calm down after watching a scary movie
 - b. when you are starting to fall asleep
 - c. when your body needs more energy to do more work and get rid of waste
8. You can exercise your heart muscles by exercising your body
 - a. True
 - b. False