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 c. your fist
   b. your rib cage d. your head

3. Your blood transports nutrients and exchanges waste. You can compare your blood to...
   a. a delivery truck. c. a bowl of soup.
   b. garbage. d. an unmoving pond of algae.

4. Your heart pumps oxygen-rich blood to
   a. your head and feet c. your stomach
   b. your legs d. your whole body

5. Your heart can pump blood to every part of your body in
   a. Less than one minute c. Less than one second
   b. 2 hours d. 30 minutes

6. How often does your heart beat?
   a. 100 times every day c. 1,000,000 times every day
   b. Around 100,000 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

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