

Vocabulary

Match the definition in column A with its corresponding word from column B, by writing the letter in the corresponding parenthesis.

Column A		Column B
1. a change or alteration in genetic material	()	a. outbreak
2. able to be easily spread to others	()	b. virus
3. combined from two different species	()	c. susceptible
4. Easily harmed or affected by something	()	d. contagious
5. never seen or done before	()	e. vaccination
6. organisms of species that have unique characteristics	()	f. strain
7. an injection that protects against a virus or disease	()	g. unprecedented
8. a sudden appearance and spread of disease	()	h. transmit
9. to transfer from one place to another	()	i. mutation
10. a very small organism that causes disease	()	j. hybrid

Complete the sentences by writing the correct word from the box on the corresponding space.

chambers – contracts – cardiac muscle – peel – strip – varies – hollow - pumps – leans – tick tock

1. After his heart attack, he had to be very careful because his _____ was very weak.
2. In case of emergency, you can use a _____ of cloth to make a bandage.
3. It is said that the _____ of an orange contains more vitamin C than the rest of the orange.

4. The blood vessels are _____ tubes of muscle that carry blood to the entire body.
5. The heart is divided into two upper and two lower _____
6. The heart is like a natural machine that _____ blood to the whole body.
7. The heartbeat of a person's heart can be compared to the _____ of a clock.
8. The reason the heart _____ is to push the blood back through the arteries.
9. The right lung is larger than the left lung, that is why the heart _____ to the left side.
10. The size of a heart _____ according to the size of the body of the person or the animal.

Listen for stress words

Listen to the audio and write the (CONTENT WORDS) missing words on the correct gap. Follow the word stress technique. Check your spelling.

World Heart Day.

Paul: Good morning. It is the 29th of September and it is world heart day. Today we will be speaking with Dr Angela Green, who is with the _____ heart clinic. Welcome, Dr Green.

Dr Green: Thank you. It is good to be here on this very special occasion.

Paul: Dr Green, can you tell us more about world heart day?

Dr Green: Of course, world heart day was created almost 10 years ago. Since heart _____ is the number one killer across the globe, it's a way to make people more _____.

Paul: So how many people die from heart disease each year?

Dr Green: It is estimated that it kills about 18.6 million people.

Paul: So, where do these people come from? Is it only developed countries or certain regions in the world?

Dr Green: No, not at all. Heart disease affects people everywhere. For example, about 75% of cardiac deaths are in low- and middle-_____ countries. These people do not have the benefit of decent programs that can assess early heart disease. And in 2019, 32% of global deaths were from heart disease. And of this number, 85% were because of a heart attack or _____. So, this is a worldwide problem. You must remember that heart disease can be avoided. This number does not have to be so high.

Paul: Are you saying all these deaths are unnecessary?

Dr Green: Yes, all of these deaths could have been prevented. And that is why the World Heart Federation wants to highlight this problem. The more people are aware of the problem, the more chance of them getting help.

Paul: So, what can be done?

Dr Green: It really is a behavior _____. People need to change their bad habits. Heart disease is often the result of such bad habits. For example, causes can be poor diet, smoking, high salt levels, stress and high alcohol use. And lack of exercise, of course.

Paul: How about blood pressure? Is this also related to heart health?

Dr Green: Yes. People often see the two as separate, but hypertension is due to increased blood pressure. Any reading of 140/90 or higher is trouble. And again, most of this can be easily fixed by changing personal habits, especially reducing _____ in your diet.

Paul: How many people are affected by high blood pressure?

Dr Green: _____, about 1.28 billion have this condition.

Paul: What! That is incredible. What a shocking number.

Dr Green: Yes. _____, it is. But like I said, changing habits can reduce this number significantly. We often refer to hypertension as the silent killer as many people are totally _____ that they have it. I believe the number is about 46% of people with this condition do not know they have it.

Paul: Well, Dr Green, thank you for joining us for world heart day.

Dr Green: Thank you. And I would like to remind _____ out there, maybe it is time to get a blood pressure check or change some habits.