


## **\*\*The Human Heart –**

**\*(A Fun & Easy Guide to How Our Heart Works!)\***

### **## \*\*1. What is the Heart?\*\***

- The heart is a **\*\*muscular organ\*\*** that pumps blood throughout the body.
- It is located slightly to the **\*\*left side\*\*** of the chest.
- Size: About the size of your **\*\*fist!\*\*** 

### **## \*\*2. Structure of the Heart\*\***

The heart has **\*\*4 chambers\*\***:

1. **\*\*Right Atrium\*\*** (receives blood with carbon dioxide)
2. **\*\*Right Ventricle\*\*** (pumps blood to the lungs)
3. **\*\*Left Atrium\*\*** (receives oxygen-rich blood from lungs)
4. **\*\*Left Ventricle\*\*** (pumps blood to the whole body)

### **## \*\*3. How Does the Heart Work?\*\***

- The heart acts like a **\*\*pump\*\***.
- **\*\*Step 1:\*\*** Blood without oxygen enters the **\*\*right side\*\*** of the heart.
- **\*\*Step 2:\*\*** The heart sends this blood to the **\*\*lungs\*\*** to get oxygen.
- **\*\*Step 3:\*\*** Oxygen-rich blood returns to the **\*\*left side\*\*** of the heart.
- **\*\*Step 4:\*\*** The heart pumps this blood to the **\*\*entire body\*\*** through arteries.



**\*\*Fun Fact:\*\*** The heart beats about **\*\*100,000 times a day!\*\***

### **## \*\*4. Why is the Heart Important?\*\***

- Supplies **\*\*oxygen & nutrients\*\*** to all body parts.
- Removes waste like **\*\*carbon dioxide\*\***.
- Keeps us alive and healthy!

### **## \*\*5. How to Keep Your Heart Healthy?\*\***

- ✓ Eat **\*\*fruits, vegetables, and whole grains\*\***.
- ✓ Exercise **\*\*daily\*\*** (running, swimming, playing).
- ✓ Avoid **\*\*junk food\*\*** and too much sugar.
- ✓ Drink plenty of **\*\*water\*\***.