

****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****.