The heart

BY JACK
What does the heart look like?
Where is your heart?

Your heart is at the front of the lungs and is just to the left of your body and is protected by your ribs.
How blood flows around the body.

1. First deoxygenated blood goes to the right atrium through the vena cava.
2. The blood then goes to the right ventricle.
3. The right ventricle pumps deoxygenated blood to the lungs.
4. The blood then gets oxygenated in the lungs.
5. The oxygenated blood from the lungs goes into the left atrium via pulmonary vein.
6. Then the blood travels to the left ventricle.
7. The left ventricle pumps blood to flow around the body out of the heart around the body.
What is good for your heart?

- eat healthy food—such as fruit and vegetables
- try and be physically active (like going for a walk or run)
- have an average weight
- keep your blood pressure healthy
- a healthy cholesterol and have a healthy blood sugar.
What is bad for your heart?

- Do not overeat.
- Do not stress.
- Do not smoke.
- too much sugar.
- too much salt.
- too much fat.
- sit all day.
- No sleep.