

WHAT'S INSIDE ME?



My HEART



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THE INSIDE SCOOP

Your body is a super machine that keeps you moving, learning, and having fun. But how does it work? The secret is inside!

Show me
some love by
learning all
about me!



When you run fast, you might feel a pounding in your chest. That's your heart working hard to help you play. Let's take a closer look.



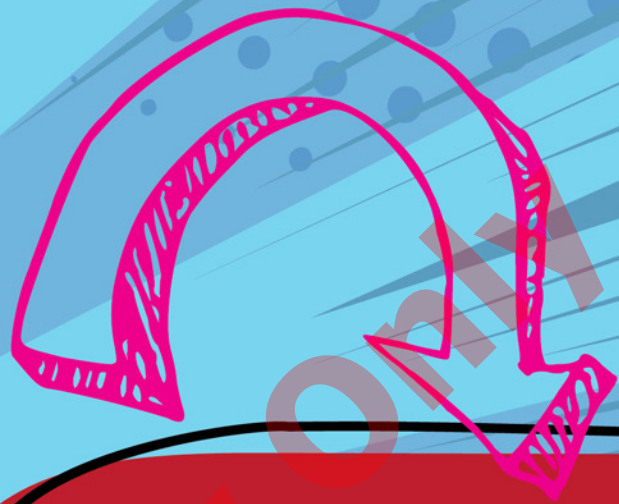
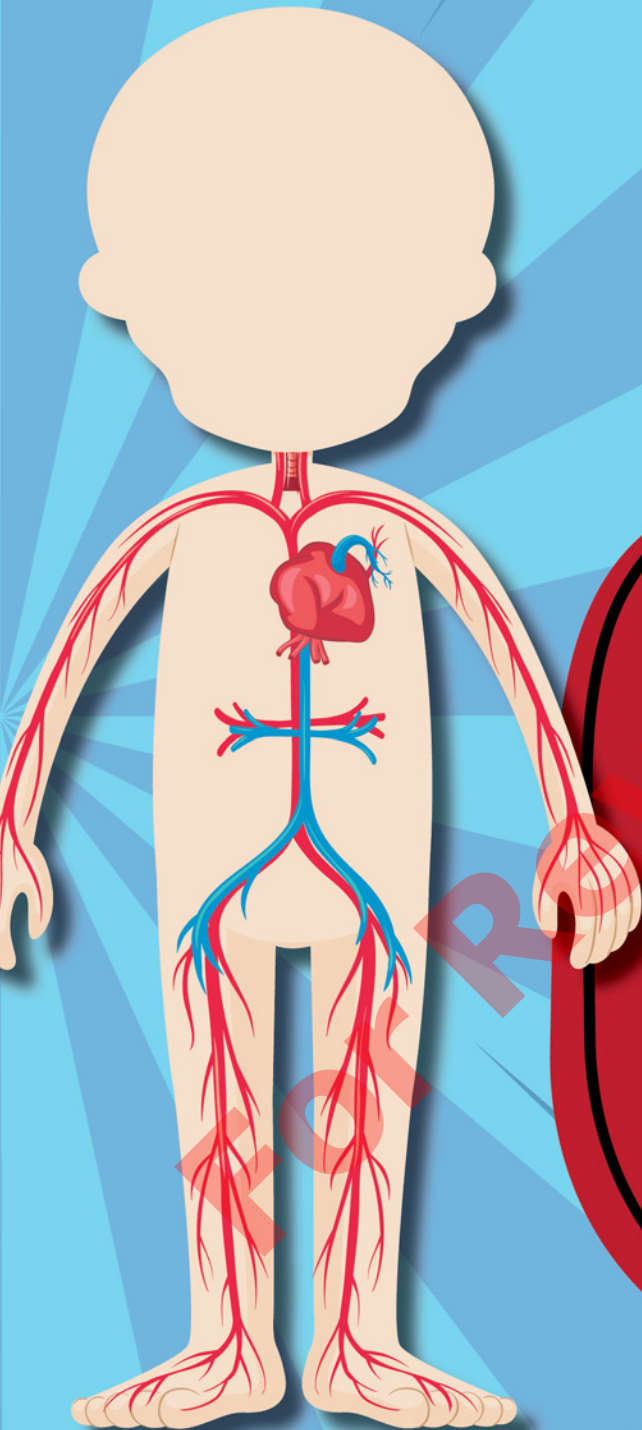
PUMPING POWER

THUMP-THUMP...THUMP-THUMP!

Your heart is a muscle that pumps blood all over your body. It is pounding in the middle of your chest to keep you going.

Your heart beats about 70 to 115 times every minute!



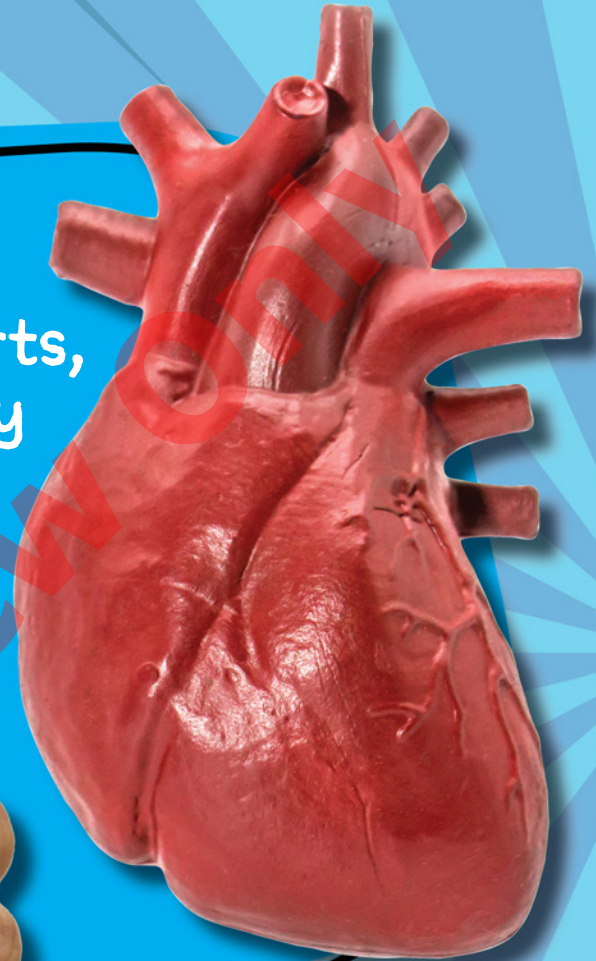


With each heartbeat, your heart opens up and fills with blood. Then, your heart squeezes tight like a fist. It pushes blood to the rest of your body.

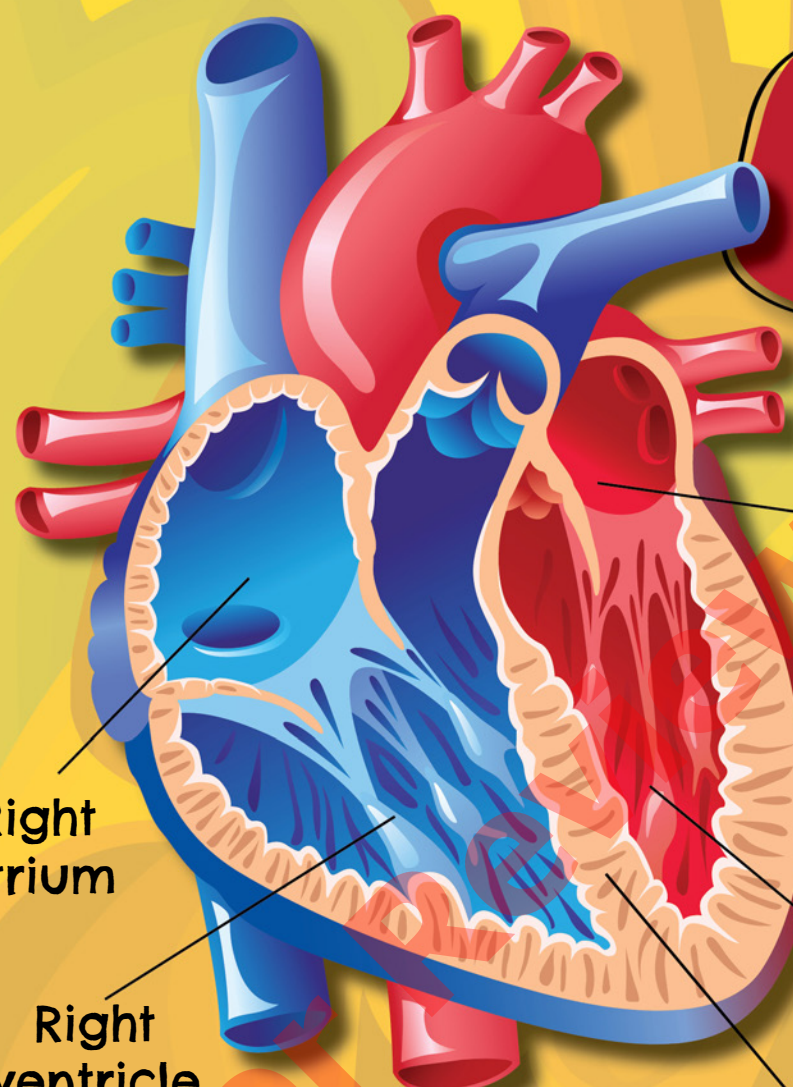


HEART PARTS

The heart is made up of four different parts, called chambers. They split the heart from side to side and top to bottom.



An adult's heart is about the size of their fist.



The two chambers on the top are called atriums (AY-tree-uhms).

Left atrium

The middle of your heart has a wall of muscle to keep the sides separated.

Right atrium

Right ventricle

Left ventricle

Wall of muscle

The two chambers on the bottom are called ventricles (VEN-tri-kuhls).