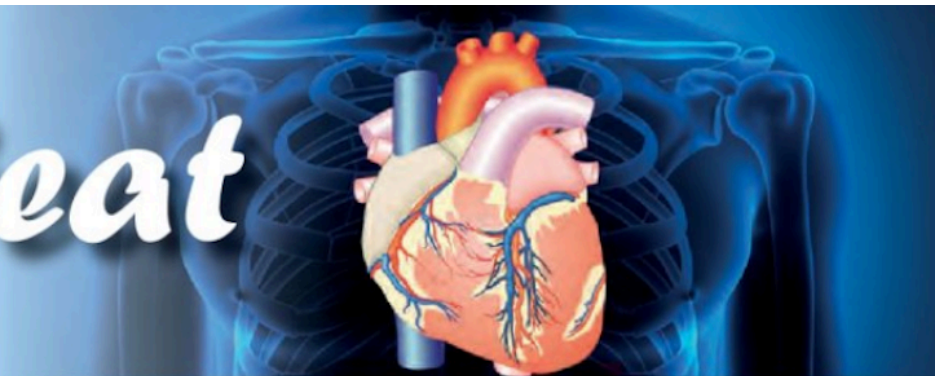


Heartbeat



Everybody has a heart.
Your heart is in your chest.
Your ribs protect your heart
if you fall.
Your heart beats all the time.
When you run, your heart
beats faster. When you rest, it
beats slower. Every time your
heart beats it pumps blood
around your body. Running
around and doing exercise is
good for your heart.

So is eating the right food
and drinking the right drinks.
You can hear your friend's
heart beating by holding an
empty tube against it. ■

CHECK-UP

- 1 Where is your heart?
- 2 What protects your heart if you fall?
- 3 What does your heart pump around your body?
- 4 Is exercise good for your heart? Explain.
- 5 Did you hear your friend's heart? Explain.

