

THE HEART

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WHAT IS THE HEART?

THE HUMAN HEART WORKS LIKE A **PUMP** SENDING BLOOD AROUND YOUR BODY TO KEEP YOU ALIVE!

IT'S A **MUSCLE** IN THE MIDDLE OF YOUR CHEST TILTED SLIGHTLY TO THE LEFT.

HOW DOES IT WORK?

EACH DAY, YOUR HEART BEATS AROUND **100 000 TIMES**. THIS CONTINUOUSLY PUMPS ABOUT **FIVE LITRES OF BLOOD** AROUND YOUR BODY THROUGH A NETWORK OF BLOOD VESSELS CALLED YOUR **CIRCULATORY SYSTEM**.

THIS BLOOD DELIVERS **OXYGEN** AND **NUTRIENTS** TO ALL PARTS OF YOUR BODY TO HELP YOUR ORGANS AND MUSCLES **WORK PROPERLY**. 😊

VEINS CARRY BLOOD BACK TOWARD THE HEART

ARTERIES CARRY BLOOD AWAY FROM THE HEART

