

This week in our MEND sessions we are learning about the **heart and lungs!** To help keep our heart and lungs healthy we should :

⇒ Do a mixture of **moderate intensity** and **vigorous intensity** physical activity everyday and eat a **healthy balanced diet**.

Here is a quiz to test your knowledge about the heart and lungs! You can check your answers here: <http://www.bbc.co.uk/bitesize/quiz/q58851412>

1. What does your heart do?

- ♥ It pumps air around your body
- ♥ It pumps blood around your body
- ♥ It pumps blood to just your muscles

2. Which of these would make your heart beat faster?

-  Lying down
-  Sitting on a chair
-  Swimming

3. What does your pulse rate tell you?

- ♥ How fast your heart is beating
- ♥ How fast you are running
- ♥ How old you are

4. Why does your heart beat faster when you exercise?

-  Because it gets excited
-  To get oxygen to your muscles more quickly
-  To make a louder noise

5. Veins carry blood....

-  Towards the heart
-  Away from the heart
-  Inside the heart

6. James wants to become healthier. Which of these would not help him?

- ♥ Regular Exercise
- ♥ Eating a healthy diet
- ♥ Using the car more, instead of walking

7. Blood moves round your body in special tubes called blood vessels. Which of these is NOT a blood vessel?

-  A vein
-  An artery
-  A ventricle

8. What happens to your blood when it reaches your lungs?

- ♥ It picks up oxygen
- ♥ It picks up carbon dioxide
- ♥ Nothing

This week's challenges are...



Physical Activity Challenge

Go for a walk for no reason. It can be relaxing, gives your mind a break and gets you moving too!

Suzie's Top-tip: Don't forget to wrap up warm!



Nutrition Challenge

Brush your teeth twice a day everyday

We look forward to hearing how you get on!