

# A Healthy Heart Cloze Passage

I can read a passage and show my understanding of what I have read by choosing the correct missing word.

Fill in the missing words to complete the text about keeping your heart healthy.

<b>bread</b>	<b>healthy</b>	<b>fatty</b>	<b>fish</b>
<b>smoking</b>	<b>pump</b>	<b>exercise</b>	<b>blood</b>

The heart is like a \_\_\_\_\_ that pushes \_\_\_\_\_ around the body. You can feel the blood pumping around your body by feeling your pulse.

When we run around or do any kind of \_\_\_\_\_, our heart needs to pump faster. This is a good way to keep our heart \_\_\_\_\_.

There are some things that can have a bad effect on our heart and can lead to heart disease. \_\_\_\_\_, eating too many \_\_\_\_\_ foods and not getting enough exercise can all be bad for our heart.

To keep our heart healthy, we should eat lots of fruit and vegetables, wholemeal \_\_\_\_\_ and oily \_\_\_\_\_. We should try to get 30 minutes of exercise every day.

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<b>smoking</b>	<b>pump</b>	<b>exercise</b>	<b>blood</b>
<b>bread</b>	<b>vegetables</b>	<b>minutes</b>	<b>fish</b>

The heart is like a \_\_\_\_\_ that pushes \_\_\_\_\_ around the body. You can feel the blood pumping around your body by feeling your \_\_\_\_\_. Press two fingers to your neck or wrist to find your pulse.

When we run around or do any kind of \_\_\_\_\_, our heart needs to pump faster to get blood to all our organs quickly. This is a good way to keep our heart \_\_\_\_\_. Our pulse feels faster after we have done some exercise.

There are some things that can have a bad effect on our heart. \_\_\_\_\_, eating too many \_\_\_\_\_ foods and not getting enough exercise can all be bad for our heart and might eventually lead to heart \_\_\_\_\_.

To keep our heart healthy, we should eat lots of fruit and \_\_\_\_\_, fibre such as wholemeal \_\_\_\_\_ and oily \_\_\_\_\_. We should try to get 30 \_\_\_\_\_ of exercise every day.

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