

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.

bread	healthy	fatty	fish
smoking	pump	exercise	blood

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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pulse	healthy	fatty	disease
smoking	pump	exercise	blood
bread	vegetables	minutes	fish

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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