

Číslo materiálu: VY 32 INOVACE 25/13

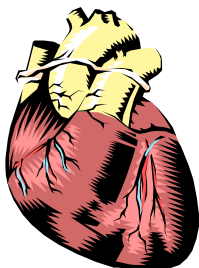
Název materiálu: Anatomy 3 – Cardiovascular
system

Číslo projektu: CZ.1.07/1.4.00/21.1486

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Anatomy 3 - Cardiovascular system

1. Heart is the most important muscle in our body. Do you know how do we give first aid in case of heart arrest? We do CPR = cardiopulmonary resuscitation



Watch the video and answer the questions: <http://www.youtube.com/watch?v=ILxjxfB4zNk>

Does the man use artificial respiration? _____

How many times a second does he compress the chest? _____

How deep does he push? _____

How long does he recommend to do CPR? _____

What did the man do before he started resuscitation? _____

What number do we call in our country? _____

2. Now watch the film about cardiovascular system

<http://www.youtube.com/watch?v=E3lcatLn7W4>

- a) Complete the sentences:

Circulatory system

is the fluid that
circulates around your
body

Blood

help fight diseases

Some cells in a blood

maintains the body
temperature

Circulating blood

moves nutrients, gases
and wastes to and from
cells

- b) Choose the correct word and translate into your language:

Heart is the large muscle made of **four/seven** chambers.

The right side of the heart pumps the deoxygenated blood into the **lungs/muscles**.

Oxygen/Carbon dioxide can be dropped off and oxygen can be picked on.

The **left/right** side of the heart pumps the oxygenated blood all the way to the
body.

Arteries/veins take blood from the heart.

Arteries/vains bring blood back to the heart.

20%/40% of blood ges through kidneys.

The kidneys filter out some of the **waste/oxygen**.

3.Our heart is the most important organ in our body. We have to keep our heart healthy.

We should do sports and exercise every day. We shoudn't smoke. We should eat healthy food.

4.Fill the gaps with the words below the text:

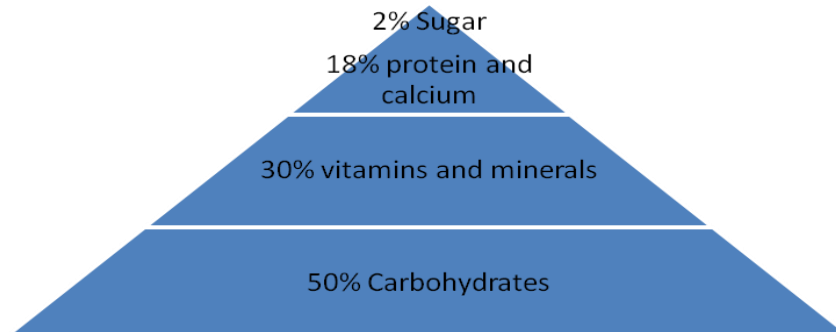
Healthy life

Statistics show that people live very unhealthy lives. Many people smoke or drink too much _____. They work _____ hours and then they are stressed. They do not want to hear anything about diet or exercise. They eat a lot of _____ and sugary food. Finally, they do not have enough time for their families and for themselves. They just focus on _____ and money. Everyone knows that i tis very important to work hart if you want to live a better life. But we cannot forot that i tis also important to relax, _____ a book or a magazíne, go out with friends, go into _____ or do some exercise. Nobody wants to live an unhealthy life. And you?¹

WORK/LONG/FAT/ALCOHOL/READ/NATURE

5.Healthy diet

Part of your life is a healthy diet. You need to eat the right food in the right quantity. Can you put the food in the right places on the pyramid?



Carbohydrates:

Vitamins and minerals:

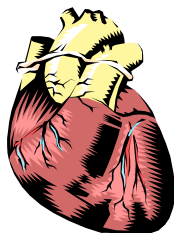
Protein and calcium:

Sugar:

CHEESE/CHICKEN/CHOCOLATE/ CORNFLAKES/
EGGS/BANANAS/ONION/YOGHURT/MILK/BREAD/PORK/SWEETS/ RICE/
APPLE/ CARROT²

Key - Anatomy 3 - Cardiovascular system

1. Heart is the most important muscle in our body. Do you know how do we give first aid in case of heart arrest? We do CPR = cardiopulmonary resuscitation



Watch the video and answer the questions:

(<http://www.youtube.com/watch?v=ILxjxfB4zNk>)

Does the man use artificial respiration? **No.**

How many times a second does he compress the chest? **About two times a second**

How deep does he push? **4 to 6 cm**

How long does he recommend to do CPR? **Till the ambulance arrives.**

What did the man do before he started resuscitation? **He called 999.**

What number do we call in our country? **155,112**

2. Now watch the film about cardiovascular system.

(<http://www.youtube.com/watch?v=E3lcatLn7W4>)

- a) Complete the sentences:

1. Circulatory system

2. is the fluid that circulates around your body

2. Blood

3. help fight diseases

3. Some cells in a blood

4. maintains the body temperature

4. Circulating blood

1. moves nutrients, gases and wastes to and from cells

- b) Choose the correct word:

Heart is the large muscle made of four chambers.

The right side of the heart pumps the deoxygenated blood into the lungs.

Carbon dioxide can be dropped off and oxygen can be picked on.

The left side of the heart pumps the oxygenated blood all the way to the body.

Arteries take blood from the heart.

Veins bring blood back to the heart.

20% of blood goes through kidneys.

The kidneys filter out some of the waste.

3. Our heart is the most important organ in our body. We have to keep our heart healthy.

We should do sports and exercise every day.

We shouldn't smoke.

We should eat healthy food.

4. Fill the gaps with the words below the text:

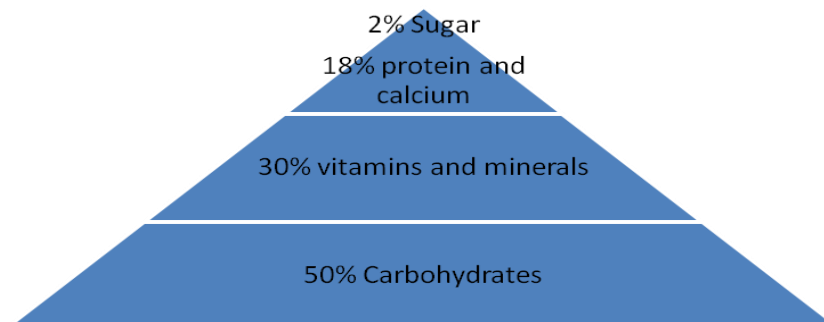
Healthy life

Statistics show that people live very unhealthy lives. Many people smoke or drink too much **alcohol**. They work **long** hours and then they are stressed. They do not want to hear anything about diet or exercise. They eat a lot of **fat** and sugary food. Finally, they do not have enough time for their families and for themselves. They just focus on **work** and money. Everyone knows that it is very important to work hard if you want to live a better life. But we cannot forget that it is also important to relax, **read** a book or a magazine, go out with friends, go into **nature** or do some exercise. Nobody wants to live an unhealthy life. And you?!

WORK/LONG/FAT/ALCOHOL/READ/NATURE

5. Healthy diet

Part of your life is a healthy diet. You need to eat the right food in the right quantity. Can you put the food in the right places on the pyramid?



Carbohydrates: **cornflakes, rice, bread**

Vitamins and minerals: **bananas, onion, apple, carrot**

Protein and calcium: **cheese, chicken, yoghurt, eggs, milk, pork**

Sugar: **chocolate, sweets**

CHEESE/CHICKEN/CHOCOLATE/ CORNFLAKES/
EGGS/BANANAS/ONION/YOGHURT/MILK/BREAD/PORK/SWEETS/ RICE/
APPLE/ CARROT²

Bibliografie:

Všechny obrázky:

Microsoft Office, Klipart

1) DUBANOVÁ, Miroslava. Healthy life. *Hello!* 2010, č. 6, s. 6. ISSN 1335-2717

2) DUBANOVÁ, Miroslava. Food. *Hello!* 2010, č. 6, s. 6. ISSN 1335-2717