

# Heart

## Introduction

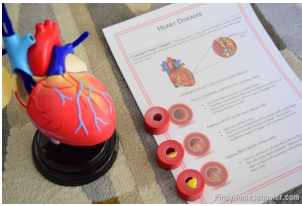
Watch a four-minute video, "[How to Feel Your Heart Beat](#)", or 7-minute video, "[How Your Heart Works](#)".

## Activity 1

The heart moves about 5 litres of blood per minute. Have the child use a scoop to move water from one container to the other to see if she can beat a 1-minute timer.

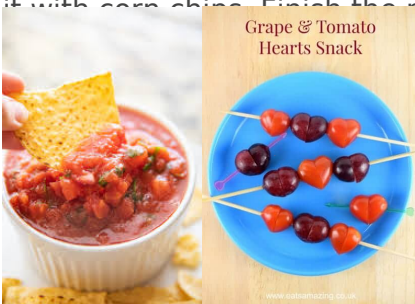
## Activity 2

People have heart attacks when fat fills up their arteries so blood can't flow through. Practice fractions by using playdough "fat" to block toilet roll "arteries" - half, a third, a quarter, three-quarters, et cetera.



## Lunch Snack

The Gaelic word for tomato is "ubhal-chrìdhe", or "heart-apple". Dissect the tomato "heart" by making a salsa (tomatoes, onion, lemon juice, garlic, and a pinch of sugar and pepper) and eating it with corn chips. Finish the meal by making grape "heart" kebabs.



## Activity 3

Make a [heart pumping simulator](#).



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