

Deepening Understanding

YR6 Non-fiction Text

This set of questions is based upon the text 'A Healthy Heart' by Vicky Birch.

Q1

Tick the thought bubble which shows how different people thought the heart was formed.

Through
years of life and
evolution.

By an
omnipotent creator
and God.

By a God
and through
evolution.

Through
evolution and
scientists.

1 Mark

Q2

Explain what happens to nutrients within the blood.

1 Mark



Q3

What does it mean for blood to be *'transported'* around the body?

1 Mark

Q4

Look at the paragraph beginning, *'Lifestyle choices...'*
How could lifestyle choices cause damage to the heart?

1 Mark

Q5

Explain why respiration is an essential part of the process.

1 Mark



Q6

*How can we maintain a healthy heart?
Fully explain your answer, referring to the text.*

2 Marks

Q7

Explain the effect that consuming antioxidants can have upon our body.

1 Mark



Q8

Which of the activities below are both aerobic exercise?
Circle one.

dancing and darts

tennis and swimming

golf and singing

weight lifting and drawing

1 Mark

Q9

'...nutrients can be distributed around the body.'
Circle the word closest in meaning to 'distributes'.

shared

scattered

delivered

distorted

1 Mark



Q10

For each statement, tick the correct box to show whether it is a fact or an opinion.

Statement	Fact	Opinion
The heart has an omnipotent creator.		
The heart has a complex and intricate design.		
The heart has formed over many years of evolution		

1 Mark

