



DEEPENING UNDERSTANDING ANSWER SHEET

A HEALTHY HEART READING COMPREHENSION – STANDARD Qs

Question One (1 Mark)

1 mark for ticking the correct answer

'By a God and through evolution. '

Question Two (1 Mark)

1 mark for a relevant explanation

E.g. Nutrients are distributed around the body.

Question Three (1 Mark)

1 mark for demonstrating an understanding of the word 'transported'

E.g. They are carried / distributed / moved around the body.

Question Four (1 Mark)

1 mark for reference to either smoking/drinking and explanation

E.g. Smoking/drinking a lot of alcohol can increase the risk of cardiovascular disease.

Smoking/drinking too much alcohol can create an illness which impacts the heart and blood vessels.

Question Five (1 Mark)

1 mark for a relevant response

E.g. Without respiration, waste products would accumulate and could cause damage.

Question Six (2 Marks)

1 mark for a simple response with reference to two aspects

E.g. You must ensure you have a suitable diet which can be achieved by eating the correct foods and also participate regularly in exercise.

2 marks are for a well-developed response with reference to three or four aspects

E.g. You must ensure you have a suitable diet which can be achieved by eating the correct foods and also participate regularly in exercise. If stress is kept to a minimum, along with making positive lifestyle choices such as not smoking or drinking little alcohol, a healthy heart can be maintained.



Question Seven (1 Mark)

1 mark for reference to one of the following

They prevent or slow damage to cells within the body.

The Vitamin K in them can help to protect arteries.

Question Eight (1 Mark)

1 mark for circling the correct answer

tennis and swimming

Question Nine (1 Mark)

1 mark for circling the correct answer

delivered

Question Ten (1 Mark)

1 mark for all three correct responses

The heart has an omnipotent creator - **opinion**

The heart has a complex and intricate design - **fact**

The heart has formed over many years of evolution - **opinion**

