



DEEPENING UNDERSTANDING ANSWER SHEET

A HEALTHY HEART READING COMPREHENSION – RETRIEVAL Qs

Question One (2 Marks)

1 mark for each correct answer

By an omnipotent creator.

By the process of evolution.

Question Two (1 Mark)

1 mark for identifying one of the following answers

The heart is essential to our existence.

Without it we would cease to survive.

Question Three (1 Mark)

1 mark for identifying the correct answer

electrical impulses

Question Four (1 Mark)

1 mark for identifying both answers

The aorta – on the left side

Question Five (1 Mark)

1 mark for identifying the correct figure

100,000

Question Six (1 Mark)

1 mark for identifying any of the following four answers

diet, exercise, stress, lifestyle choice

Question Seven (2 Marks)

1 mark for each of the following points (maximum of 2 marks)

Reduces the risk of heart disease.

Diminishes the possibility of high blood pressure.

Diminishes the possibility of high cholesterol.

Question Eight (1 Mark)

1 mark for identifying the correct answer

Between 310-840bpm

