



DEEPENING UNDERSTANDING ANSWER SHEET

A HEALTHY HEART READING COMPREHENSION – INFERENCE Qs

Question One (1 Mark)

1 mark for a simple explanation

E.g. A powerful God / creator / designer.

E.g. Someone or something that is powerful or knowledgeable enough to be capable of creating something that humans are not.

Question Two (1 Mark)

1 mark for a correct response

E.g. Without the heart we would not be able to survive.

Without the heart we would 'cease to exist'.

Question Three (1 Mark)

1 mark for circling the correct response

its functions are extremely complex

Question Four (2 Marks)

1 mark for simple explanation

E.g. Because it is so complex that God must have designed it.

It can't have happened by chance, there was a powerful designer and creator which could have been God.

2 marks for reference to the text to support idea

E.g. The heart is so complex that God must have designed it as 'only a supreme maker would have been capable of forming such a powerful and purposeful structure' and this is unlikely to have happened by chance through evolution.

Question Five (2 Marks)

1 mark for simple explanation supporting either Yes/No choice

E.g. Yes as a healthy diet helps to maintain a healthy heart.

Yes because if you had a very bad diet, it would be damaging for your heart.

No as it is not the only important factor to consider.



2 marks for a more detailed response

Yes (give at least one example of a specific food and how it benefits the heart):

E.g. A healthy diet helps to maintain a healthy heart. For example, if you have antioxidants this can help to prevent damage to cells. Other foods also contain vitamin K which can help to protect arteries.

No as although nutrition is important, it is not necessarily the most important factor. For example, you could have a very healthy diet and consume plenty of foods which are good for your heart, but also make other lifestyle choices such as smoking or drinking too much alcohol, which will be very damaging for your heart. It is therefore not necessarily the most important factor to consider.

Question Six (2 Marks)

1 mark for an appropriate impression. 1 mark for supporting evidence.

Impression – It has to work hard/an immense workload/it is demanding and strenuous.

Evidence – ‘beats approximately 100,000 times a day’

‘pushes around 7570 litres of blood every day’

Question Seven (2 Marks)

1 mark for a simple explanation justifying chosen response of Yes/No/Maybe

E.g. Yes as regular exercise is paramount to maintaining a healthy heart

No as they may have low stress, a healthy diet and make good lifestyle choices which will all help them to maintain a healthy heart despite not exercising.

Maybe: **Reference to arguments for both yes and no answers**

2 marks for more detailed response with reference to the text

E.g. Yes as regular exercise is paramount to maintaining a healthy heart and it is suggested that adults do a minimum of 30 minutes of exercise five times a day. If an adult doesn't exercise at all, they are doing significantly less than what is recommended and therefore they are more likely to suffer from heart disease.

No as they may have low stress, a healthy diet and make good lifestyle choices which will all help them to maintain a healthy heart despite not exercising. For example, if their diet consisted of Antioxidants, vitamin K and Omega 3, they would be benefiting from foods which can prevent damage to cells, protect arteries and therefore lower the chance of heart disease.

Maybe: **Reference to arguments for both Yes and No answers.**



Question Eight (2 Marks)

1 mark for each of the following points

To remind us to appreciate what it does/its workload.

So we can remember to do more to help us maintain a healthy heart.

