# Use Text Features

Grade 5 Reading Worksheet - Challenge Me

Name _____ Date _____

Circle the answer.

READ THIS FIRST

## Your Hardworking Heart

Make a fist. That is about the size of your heart. This strong muscle sits in the middle of your chest, tilted slightly to the left. It beats about 100,000 times a day without ever taking a break. In one day, it pumps enough blood to fill about forty bathtubs.

A Pump with Four Rooms

The heart has four chambers. The two upper chambers are called atria. They receive blood as it returns to the heart. The two lower chambers are called ventricles. They squeeze hard to push blood out. A wall of muscle divides the right side of the heart from the left side.

Diagram caption: Blue arrows show blood that needs oxygen. Red arrows show blood that is rich in oxygen.

Two Trips for Every Drop

Blood travels on two loops. On the first loop, the right side of the heart pumps blood to the lungs. There, the blood picks up oxygen and drops off carbon dioxide. On the second loop, the left side pumps the oxygen-rich blood to the rest of the body. Then the blood returns to the right side of the heart to begin again. The left ventricle has the thickest wall because it pushes blood the farthest.

Doors That Keep Blood Moving

Between the chambers are valves. Each valve works like a one-way door. It opens to let blood through and then snaps shut. The "lub-dub" sound of a heartbeat is the sound of valves closing.

Sidebar: Listen for Yourself
In 1816, a French doctor named René Laennec rolled a sheet of paper into a tube. He placed one end on a patient's chest and listened. The heartbeat sounded clearer than ever. His idea led to the stethoscope that doctors still use today.

Feel Your Pulse

Each time the heart squeezes, it sends a wave of blood through your body. You can feel this wave, called your pulse. Press two fingers gently on the inside of your wrist, below your thumb. Count the beats for fifteen seconds. Then multiply by four to find your beats per minute.

Keeping Your Heart Strong

Exercise makes the heart muscle stronger. A strong heart pumps more blood with each beat. As a result, it does not need to beat as often when you are resting.

Table: Typical Resting Heart Rates
Newborn baby: 100 to 160 beats a minute
Child from 6 to 15 years old: 70 to 100 beats a minute
Adult: 60 to 100 beats a minute
Trained athlete: 40 to 60 beats a minute

Glossary
atria: the two upper chambers of the heart
oxygen: a gas in the air that the body needs
pulse: the beat of blood moving through the body, felt at the wrist or neck
valve: a flap that lets blood flow in only one direction
ventricles: the two lower chambers of the heart

1. A reader wants to know why athletes have low resting heart rates. Which two parts together explain this best?
   - the section Keeping Your Heart Strong and the table
   - the section about the four chambers and the caption
   - the diagram caption and the section about valves
   - the sidebar and the glossary

2. According to the diagram caption, what would a red arrow show?
   - blood passing through a valve
   - blood leaving the lungs as carbon dioxide
   - blood that needs oxygen
   - blood that is rich in oxygen

3. Use the caption and the section "Two Trips for Every Drop." Which arrows would show blood going from the right side of the heart to the lungs?
   - blue arrows
   - no arrows show this trip
   - red arrows, then blue arrows
   - red arrows

4. Why did the author put Laennec's story in a sidebar instead of a main section?
   - It is the most important fact about the heart.
   - It gives the numbers used in the table.
   - It is an interesting extra, not part of how the heart works.
   - It explains the meaning of the word valve.

5. Use the table and the section "Keeping Your Heart Strong." Which conclusion is supported?
   - Adults exercise more than children do.
   - A child's heart is weaker than a newborn's heart.
   - A newborn's heart pumps more blood with each beat than an athlete's.
   - An athlete's heart likely pumps more blood with each beat than most adults' hearts.

6. Use the glossary and the section about the four chambers. Which chambers squeeze hard to push blood out?
   - the atria
   - the ventricles
   - the valves
   - the lungs

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Answer Key - Grade 5 Reading Worksheet - Challenge Me

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