QUIZ

1. Your heart is about the size of:
   a) A soccer ball
   b) Your fist
   c) A marble
   d) Your big toe

2. True or false: Your heart beats 24 hours a day, even when you’re asleep.

3. Blood vessels are:
   a) Atriums and ventricles
   b) Arteries and veins

4. What carries oxygen through the bloodstream?
   a) red blood cells
   b) white blood cells
   c) platelets
   d) plasma

5. Which things help keep your heart healthy?
   a) Eating fruits and vegetables every day
   b) Smoking
   c) Exercising and being active every day
   d) Sitting on the couch and watching TV