



Quiz Answer Key

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