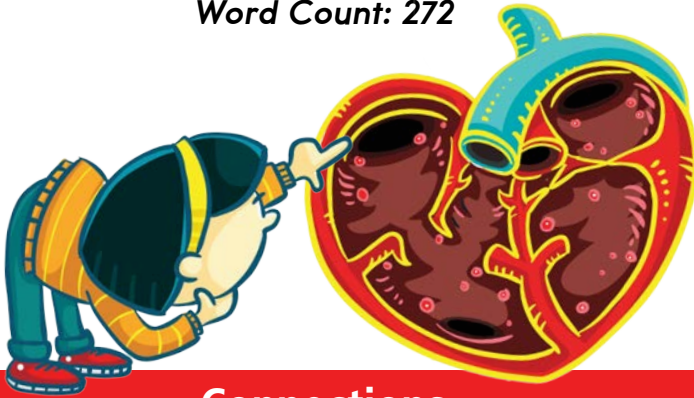


My Heart

A Reading A-Z Level J Leveled Book
Word Count: 272



Connections

Writing

Write a letter to a friend to explain how your heart works. Include facts from the book.

Science and Art

Draw a diagram of your heart. Label four important parts of your heart.

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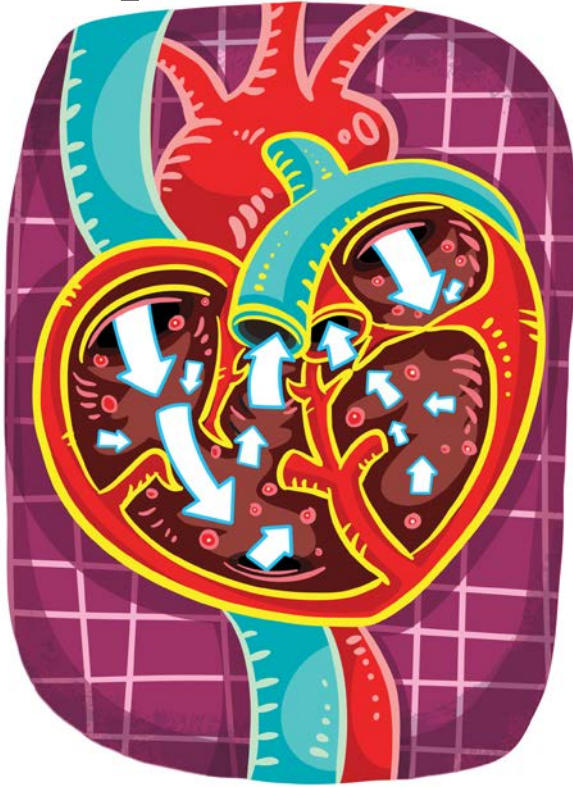
My Heart



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Focus Question

Why is your heart an important part of your body?

Words to Know

blood	nutrients
chambers	oxygen
heart	valves

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Level J Leveled Book
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Correlation

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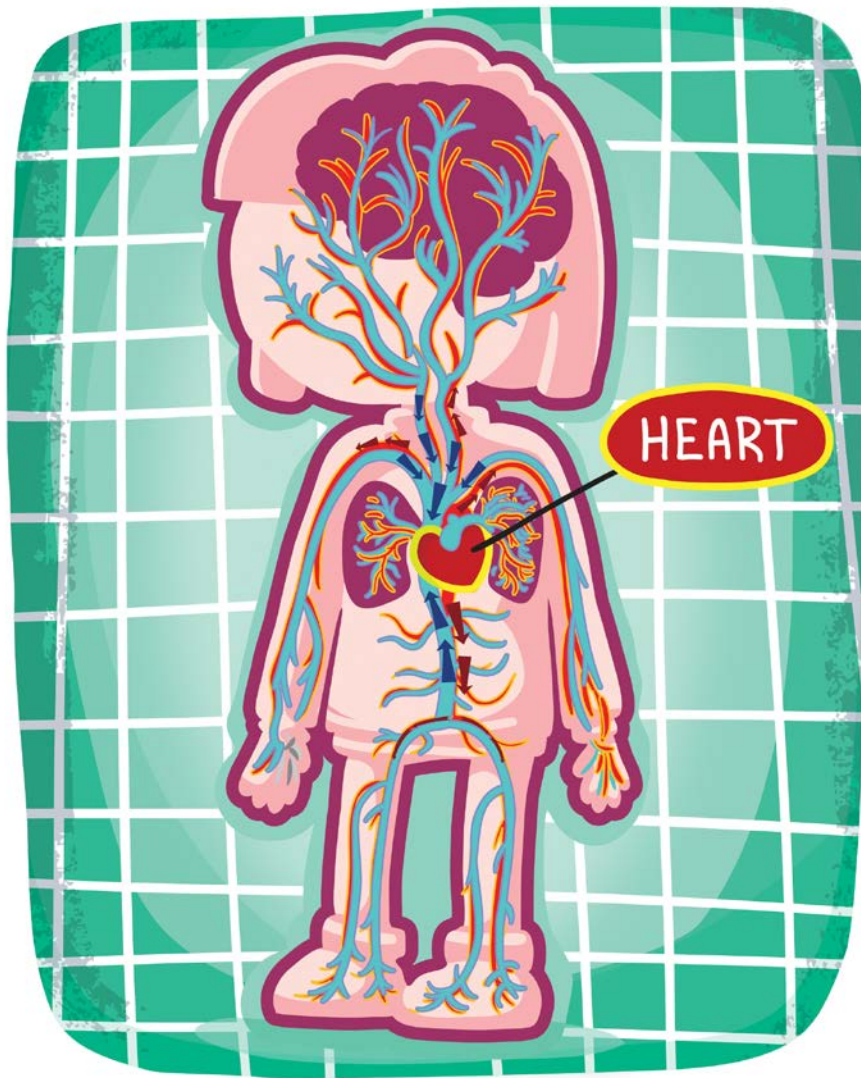
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Reading Recovery	17
DRA	18



My doctor checks to see if my **heart** sounds healthy.
She listens to my heart, and I stay quiet and still.



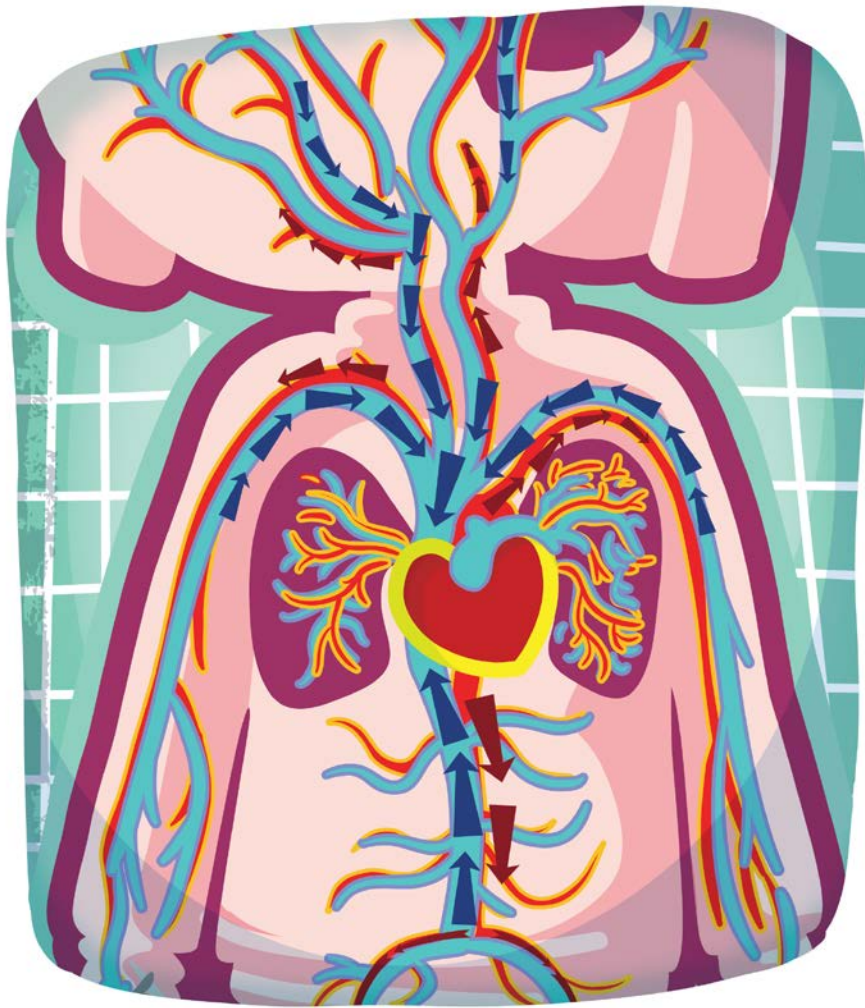
She hears the healthy sound
lub-dub, lub-dub.



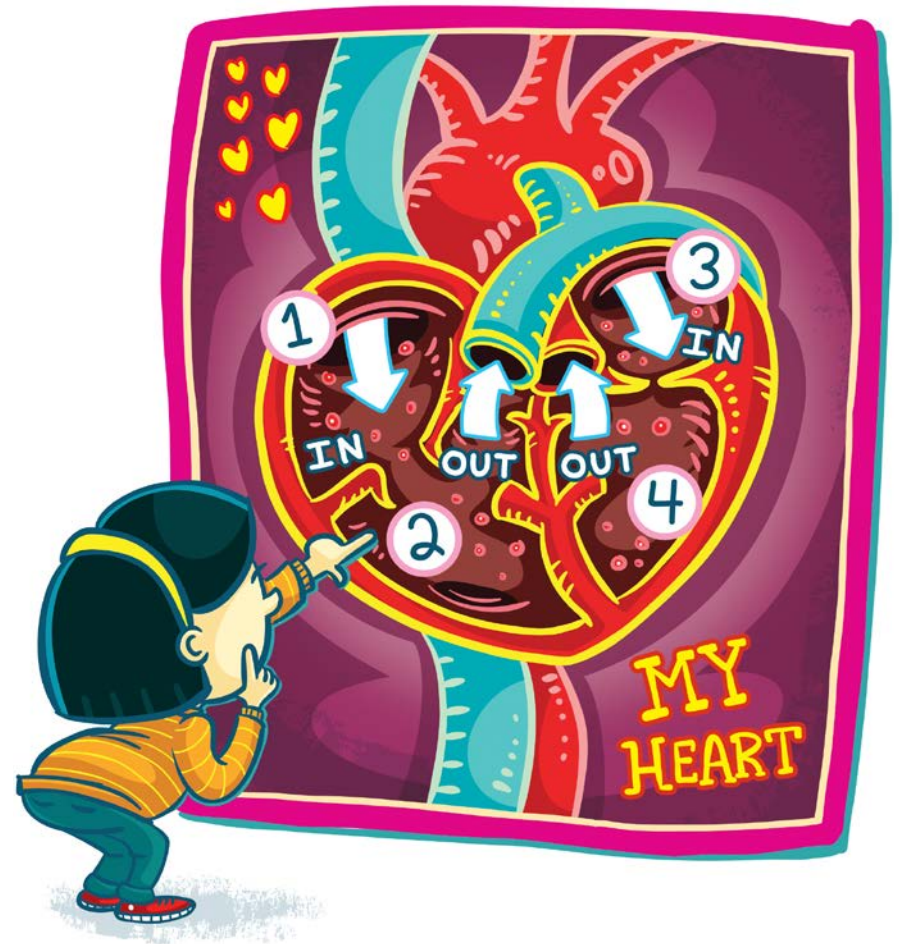
My heart needs to be healthy to move **blood** around my body. My heart needs to work hard for me, even when I sleep.



Blood is how my body moves many things it needs, such as **oxygen** and **nutrients**. It is also how my body moves around some of its waste.



My heart doesn't make blood,
but it does keep my blood moving.
My heart is made mostly of muscle.
Each time my heart muscle
squeezes, it moves blood.



My heart has four **chambers**.
Two chambers are for blood
coming in, and two are for blood
going out.

Blood goes into one chamber from my body.

Blood goes out of a second chamber to my lungs.

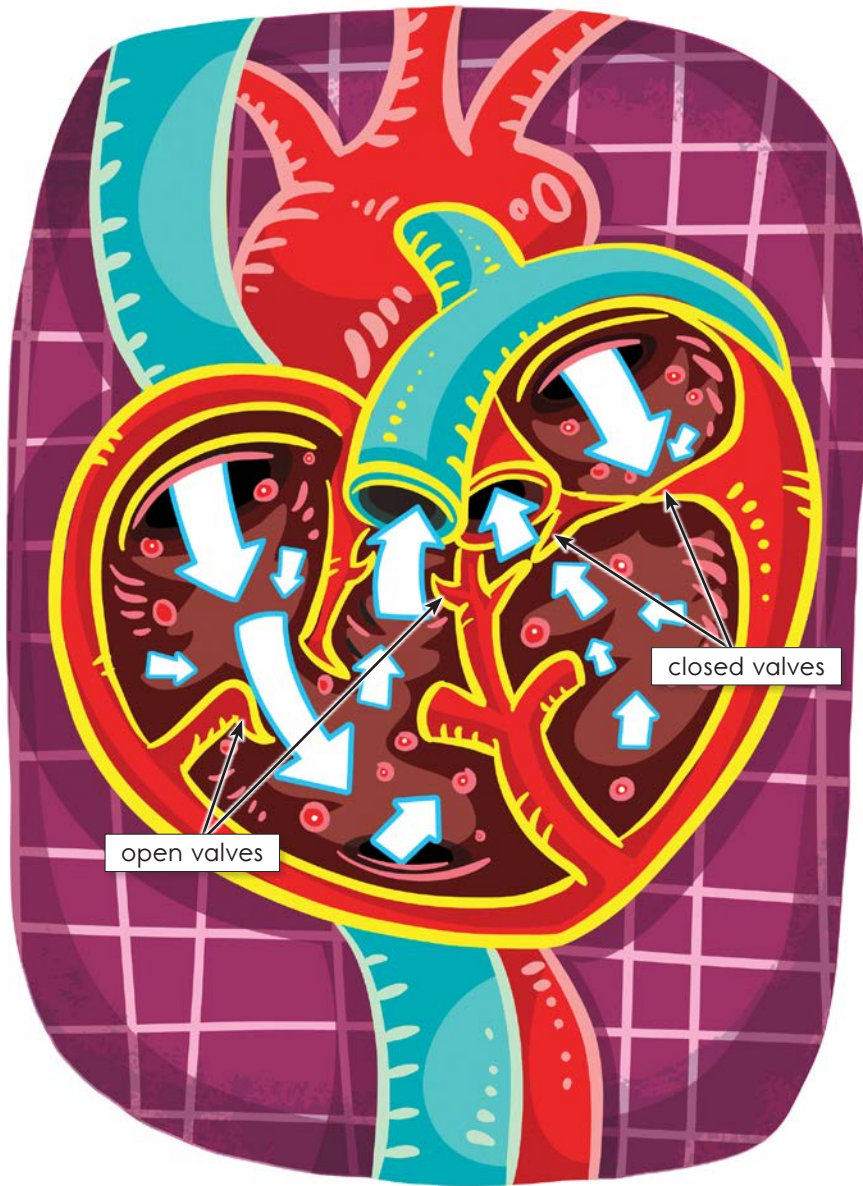


Blood goes into a third chamber from my lungs.

Blood goes out of a fourth chamber to my body.



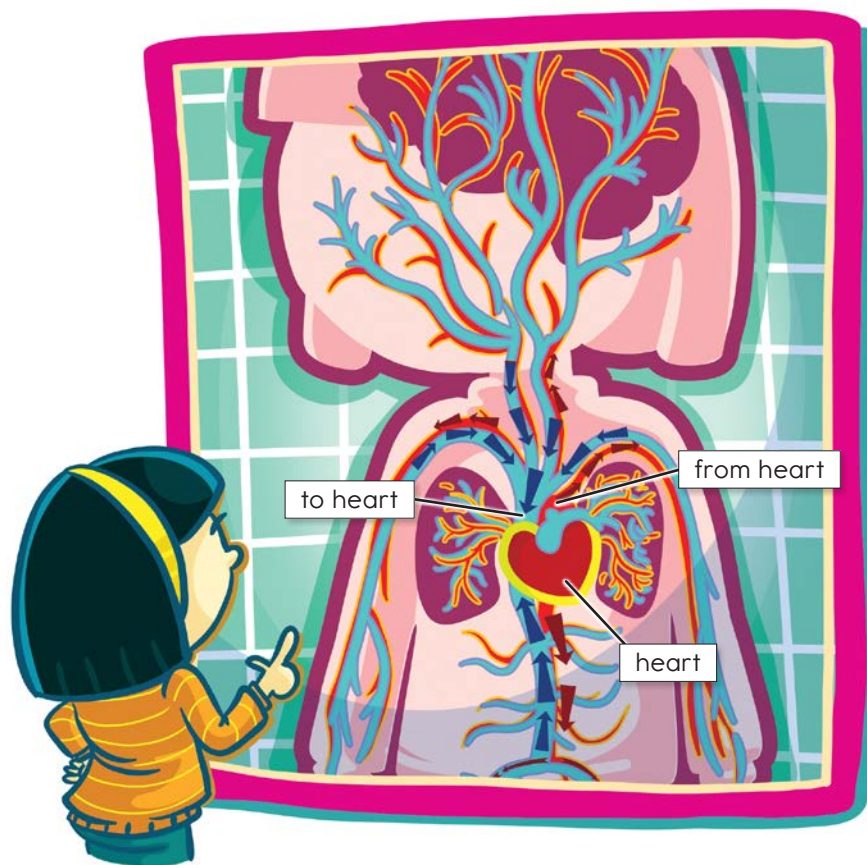
Between the chambers are **valves** that act as gates.



The valves open and close to keep the blood moving one way.



My blood moves around my body in long tubes.

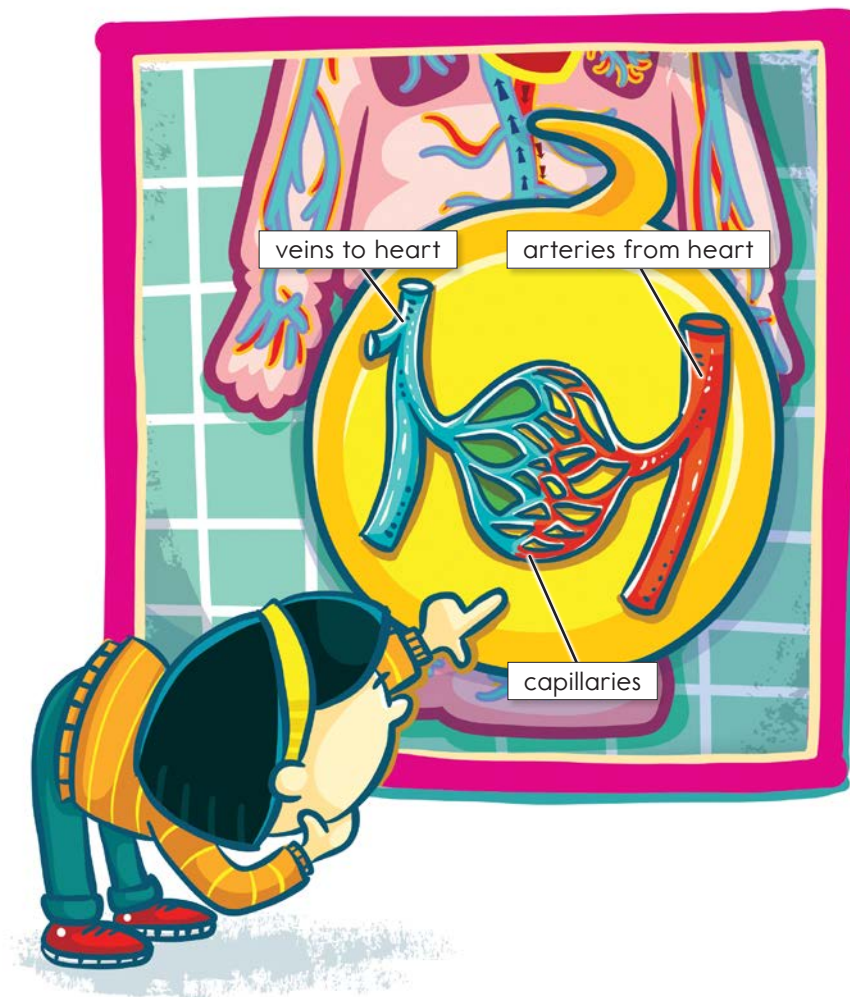


Arteries are thick tubes that move blood away from my heart.

My arteries are really strong.

Veins are thin tubes that move blood to my heart.

My veins are floppy compared to my arteries.



Capillaries are tubes that join veins and arteries together.

My capillaries are the smallest tubes that move blood around my body.



My heart and blood help my body
move some things it needs
and some wastes.
A healthy heart helps to keep
my body healthy.

Glossary

- blood** (n.) the red liquid that is moved by the heart through the body in blood vessels (p. 5)
- chambers** (n.) rooms or other enclosed spaces, either natural or artificial (p. 8)
- heart** (n.) the organ that pumps blood to all parts of the body (p. 3)
- nutrients** (n.) substances that living things need to live, stay healthy, and grow (p. 6)
- oxygen** (n.) a gas that has no color, taste, or smell and that most animals need to live (p. 6)
- valves** (n.) parts of the body, such as in the heart or stomach, that can stop fluid from flowing or force it to flow in only one direction (p. 10)