

Homework Help – Heart Disease

Heart Health Glossary

Active living: means participating in different physical activities as part of your everyday activities

Active play: see aerobic exercise

Aerobic exercise: any game, activity, or exercises that make your body take in extra air

Arteries: tubes that carry blood away from the heart

Blood sugar: the fuel all cells run on. It comes from carbohydrates and is carried in the blood.

Blood vessels: tubes that carry blood around your body (see arteries, capillaries, veins)

Blood: liquid containing red blood cells

Capillaries: very narrow veins and arteries

Cardiovascular fitness: heart, lungs and blood vessels are able to deliver oxygen-rich blood to muscles at a fast rate for a long time

Cells: tiny building blocks that make up all body parts: skin, bones, lungs, heart and other muscles

Chamber: room-like compartment in the heart with two door-like openings to let blood in and out

Circulatory system: includes a heart to pump blood and a network of tubes called blood vessels

Energy: provides body heat or make things move

Exercise: any activity that makes muscles move

Fitness: joints bend freely; muscles are strong and can work a long time (see cardiovascular fitness)

Food: edible materials containing carbohydrates, proteins, fats and other useful materials

Fresh blood: blood fresh from lungs is high in oxygen, low in wastes, and bright red in colour

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Healthy eating: involves eating a variety of foods from the four food groups of Canada's Food Guide in the required amounts

Heart: muscular pump with four hollow chambers. The upper chambers collect blood coming into the heart. The lower chambers forcefully pump blood away from the heart.

Heart attack: clogged arteries block oxygen-rich fresh blood from reaching heart muscle, damaging muscle which then can't pump blood to the rest of the body

Heartbeat: repeated pumping action of the heart; or the sound made by that action, or the beats per minute

Lungs: hollow, thin-walled pouches inside the chest. They are lined with blood vessels that absorb oxygen from the air.

Muscle: body part that exerts force by contracting (getting shorter and thicker) and lets go by relaxing

Nicotine: active (and addictive) ingredient in all tobacco, including so-called 'smokeless' tobacco

Oxygen: material found in the air, needed to extract energy from fuel. Cells use it to 'burn' blood sugar

Pacemaker: small bundle of cells in the heart that create electric signals to automatically control the heart rate

Plaque: mix of cells, clot and fat that sticks to arteries creating blockage.

Pulse: rhythm of heartbeat felt in wrist or neck

Red blood cells: solid, saucer-shaped cells that carry oxygen from the lungs and deliver it to the rest of the body

Second-hand smoke: mix of tobacco smoke exhaled by smoker plus smoke given off from the ends of burning cigarettes, cigars or pipes

Stomach: part of the body system that breaks food into bits small enough for blood to carry

Stroke: loss of brain function due to an interruption of blood flow.

Tar: given off in hot tobacco smoke. Gathers into sticky brown blobs when it cools in the lungs.

Tobacco: plant with nicotine-containing leaves that users smoke, chew, or sniff

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Used blood: blood on its way back to the lungs is low in oxygen, high in wastes and dark red in colour

Veins: tubes that carry blood back to the heart