Complete each sentence with the correct word or words.

1. The heart consists of two ____________________________.

2. The upper section of one side of the heart is called an ____________________________.

3. The lower section of one side of the heart is called a ____________________________.

4. The heart has a natural ____________________________ that makes sure the heart is beating at the right speed.

5. An electrical signal causes the atria to ____________________________.

6. Blood goes from the heart to the ____________________________ to get oxygen.

7. The heart has ____________________________ to keep blood flowing in only one direction.

8. Oxygen is sent throughout the body in blood ____________________________.

9. The heart beats about ____________________________ billion times during an average lifetime.

10. You can reduce some important risk factors for heart disease by
    a. not ____________________________,
    b. eating foods low in saturated fats and ____________________________,
    c. watching your ____________________________, and
    d. getting plenty of ____________________________.