

WORLD HEART DAY

http://www.eslHolidayLessons.com/09/world_heart_day.html

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ALL ANSWERS ARE IN THE TEXT ON PAGE 2.

THE READING / TAPESCRIPT

World Heart Day was created by the World Heart Federation. Its aim is to inform people around the world that heart disease and stroke are the world's leading causes of death. Over 17 million people die each year from these. Another main aim is to educate the world population that 80 per cent of deaths from heart disease are premature. Most people who suffer heart attacks and strokes could live longer if they changed their lifestyle. Fewer people would die from heart complaints if they were more aware of the main risks. These include smoking, eating an unhealthy diet and not exercising. Experts say heart disease will lose China's economy around \$558 billion between 2005 and 2015. Other countries will also lose billions.

The heart is a strong, muscular organ. Its job is to pump blood around our body. The heart contracts and expands in a non-stop rhythm to push our blood around a system of arteries and veins. The average human heart works at 72 beats per minute. In an average lifetime, it will beat approximately 2.5 billion times. The average weight of a human heart is around 300g. It is the size of a clenched fist. Advances in heart surgery means people can have heart replacement operations. In less serious cases, doctors can fit the heart with plastic valves and pumps to help it beat. World Heart Day is a good time for all of us to think more about this vital organ and live a life that keeps our heart strong and healthy.

PHRASE MATCH

Match the following phrases from the article.

Paragraph 1

- | | |
|------------------------------|--------------------|
| 1. the world's leading | a. die each year |
| 2. Over 17 million people | b. complaints |
| 3. people who suffer | c. lose billions |
| 4. heart | d. heart attacks |
| 5. eating an | e. causes of death |
| 6. Other countries will also | f. unhealthy diet |

Paragraph 2

- | | |
|--------------------------------|-----------------------|
| 1. pump blood | a. per minute |
| 2. The heart contracts | b. a clenched fist |
| 3. a system of arteries | c. and expands |
| 4. 72 beats | d. around our body |
| 5. It is the size of | e. strong and healthy |
| 6. a life that keeps our heart | f. and veins |

LISTENING GAP FILL

World Heart Day was created by the World Heart Federation. Its _____ people around the world that heart disease and stroke are the world's leading _____. Over 17 million people die each year from these. Another main aim is to educate the world population that 80 per cent of deaths from heart disease are premature. Most people _____ attacks and strokes could live longer if they changed their lifestyle. Fewer people would die from heart complaints if they were _____ the main risks. These include smoking, eating an unhealthy diet and not exercising. _____ disease will lose China's economy around \$558 billion between 2005 and 2015. Other countries _____ billions.

The heart is a strong, _____. Its job is to pump blood around our body. The heart contracts and expands in a non-stop rhythm _____ around a system of arteries and veins. The average human _____ 72 beats per minute. In an average lifetime, it will beat approximately 2.5 billion times. The average weight of a human heart is around 300g. _____ clenched fist. Advances in heart surgery means people can have heart replacement operations. _____, doctors can fit the heart with plastic valves and pumps to help it beat. World Heart Day is a good time for all of us to think more about this vital organ _____ keeps our heart strong and healthy.

WHILE READING / LISTENING GAP FILL

Put the words into the gaps in the text.

World Heart Day was _____ by the World Heart Federation. Its aim is to inform people around the world that heart disease and stroke are the world's _____ causes of death. Over 17 million people die each year from these. Another _____ aim is to educate the world population that 80 per cent of deaths from heart disease are premature. Most people who _____ heart attacks and strokes could live longer if they changed their _____. Fewer people would die from heart complaints if they were more _____ of the main risks. These include smoking, eating an unhealthy _____ and not exercising. Experts say heart disease will lose China's economy around \$558 billion between 2005 and 2015. Other countries will also _____ billions.

aware

main

leading

lose

created

lifestyle

diet

suffer

The heart is a strong, _____ organ. Its job is to pump blood around our body. The heart contracts and _____ in a non-stop rhythm to push our blood around a system of arteries and veins. The average human heart works at 72 _____ per minute. In an average lifetime, it will beat approximately 2.5 billion times. The average _____ of a human heart is around 300g. It is the size of a clenched _____. Advances in heart surgery means people can have heart replacement operations. In less serious _____, doctors can fit the heart with plastic valves and _____ to help it beat. World Heart Day is a good time for all of us to think more about this vital organ and live a life that _____ our heart strong and healthy.

weight

muscular

fist

beats

keeps

cases

expands

pumps

CHOOSE THE CORRECT WORD

Delete the wrong word in each of the pairs of *italics*.

World Heart Day was *created* / *creation* by the World Heart Federation. Its aim is to inform people around the world that heart disease and stroke are the world's *leader* / *leading* causes of death. Over 17 million people die each year from *they* / *these*. Another main aim is to educate the world population that 80 per cent of deaths *from* / *of* heart disease are premature. Most people who suffer heart attacks and strokes could *live* / *life* longer if they changed their lifestyle. Fewer people would die from heart complaints if they were more *awareness* / *aware* of the main risks. These include smoking, eating an *unhealthy* / *healthy* diet and not exercising. Experts say heart disease will lose China's economy around \$558 billion between 2005 and 2015. Other *countries* / *country* will also lose billions.

The heart is a strong, muscular *organic* / *organ*. Its job is to pump blood *over* / *around* our body. The heart contracts and expands in a non-stop rhythm to push our blood around a system of arteries and *veins* / *vein*. The average human heart works at 72 beats *per* / *par* minute. In an average lifetime, it will beat approximately 2.5 billion times. The average weight of a human heart *is* / *are* around 300g. It is the size of a clenched fist. *Advances* / *Advance* in heart surgery means people can have heart replacement operations. In less serious cases, doctors can fit the heart with plastic *values* / *valves* and pumps to help it beat. World Heart Day is a good time for all of us to think more about this *vital* / *vitally* organ and live a life that keeps our heart strong and healthy.

MULTIPLE CHOICE

World Heart Day was (1) _____ by the World Heart Federation. Its aim is to inform people around the world that heart disease and stroke are the world's (2) _____ causes of death. Over 17 million people die each year from these. Another main aim is to educate the world (3) _____ that 80 per cent of deaths from heart disease are premature. Most people who suffer heart attacks and strokes could (4) _____ longer if they changed their lifestyle. Fewer people would die from heart complaints if they were more aware of the main (5) _____. These include smoking, eating an unhealthy diet and not (6) _____. Experts say heart disease will lose China's economy around \$558 billion between 2005 and 2015. Other countries will also lose billions.

The heart is a strong, muscular (7) _____. Its job is to pump blood around our body. The heart contracts and (8) _____ in a non-stop rhythm to push our blood around a system of arteries and veins. The average human heart works (9) _____ 72 beats per minute. In an average lifetime, it will beat approximately 2.5 billion times. The average weight of a human heart is around 300g. It is the size of a clenched (10) _____. Advances in heart surgery means people can have heart replacement operations. In less serious cases, doctors can fit the heart with plastic (11) _____ and pumps to help it beat. World Heart Day is a good time for all of us to think more about this vital organ and live a life that (12) _____ our heart strong and healthy.

Put the correct words from this table into the article.

- | | | | | |
|-----|---------------|---------------|-----------------|----------------|
| 1. | (a) created | (b) creative | (c) creation | (d) creates |
| 2. | (a) leader | (b) leading | (c) leads | (d) leaded |
| 3. | (a) populated | (b) populate | (c) populates | (d) population |
| 4. | (a) life | (b) lively | (c) live | (d) lives |
| 5. | (a) risky | (b) risks | (c) risked | (d) riskiness |
| 6. | (a) exercise | (b) fit | (c) exercising | (d) fitness |
| 7. | (a) organic | (b) organism | (c) organically | (d) organ |
| 8. | (a) expands | (b) expansion | (c) expand | (d) expanded |
| 9. | (a) on | (b) by | (c) at | (d) with |
| 10. | (a) foot | (b) stomach | (c) head | (d) fist |
| 11. | (a) valves | (b) valve | (c) value | (d) values |
| 12. | (a) kept | (b) keeps | (c) keeping | (d) keep |

SPELLING

Spell the jumbled words (from the text) correctly.

Paragraph 1

1. orimfn people around the world
2. dgeilan causes of death
3. people who ffsure heart attacks
4. changed their tleyilsf
5. eating an unhealthy etdi
6. lose ioslnlbi

Paragraph 2

7. a strong, rcaslumu organ
8. The heart contracts and epaxdns
9. In an geraeav lifetime
10. the size of a clenched ifst
11. In less roisues cases
12. this talvi organ

PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

- () die from heart complaints if they were more aware of the main risks. These include smoking, eating an unhealthy
- () aim is to educate the world population that 80 per cent of deaths from heart disease are premature. Most people
- () at 72 beats per minute. In an average lifetime, it will beat approximately 2.5 billion times. The average
- () of us to think more about this vital organ and live a life that keeps our heart strong and healthy.
- () diet and not exercising. Experts say heart disease will lose China's economy around
- () who suffer heart attacks and strokes could live longer if they changed their lifestyle. Fewer people would
- () and stroke are the world's leading causes of death. Over 17 million people die each year from these. Another main
- () and expands in a non-stop rhythm to push our blood around a system of arteries and veins. The average human heart works
- () The heart is a strong, muscular organ. Its job is to pump blood around our body. The heart contracts
- (**1**) World Heart Day was created by the World Heart Federation. Its aim is to inform people around the world that heart disease
- () the heart with plastic valves and pumps to help it beat. World Heart Day is a good time for all
- () weight of a human heart is around 300g. It is the size of a clenched fist. Advances in heart
- () \$558 billion between 2005 and 2015. Other countries will also lose billions.
- () surgery means people can have heart replacement operations. In less serious cases, doctors can fit

SCRAMBLED SENTENCES

With a partner, put the words back into the correct order.

1. Its to around is people world aim inform the.

2. world's causes death The leading of.

3. are from disease premature Deaths heart.

4. an Eating exercising not and diet unhealthy.

5. countries also billions Other will lose.

6. a strong The , heart muscular is organ.

7. job pump our Its to around is blood body.

8. will billion It approximately 2.5 beat times.

9. of It a is clenched the fist size.

10. fit valves the heart Doctors with can plastic.

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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THE WORLD HEART DAY SURVEY

Write five questions about World Heart Day in the table. Do this in pairs/groups. Each student must write the questions on his / her own paper.

Without your partner, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

Return to your original partner(s) and share and talk about what you found out. Make mini-presentations to other groups on your findings.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find more information about World Heart Day. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about World Heart Day. Write about what happens around the world. Include two imaginary interviews with people who did something on this day.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

4. POSTER: Make your own poster about World Heart Day. Write about will happen on this day around the world.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.