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 / TAPESCRPT

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.
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 keeps 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.
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) led
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 tleeyilsf
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
World Heart Day was created by the World Heart Federation. Its aim is to inform people around the world that heart disease is a serious issue. The heart is a strong, muscular organ. Its job is to pump blood around our body. The heart contracts 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...
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. __________________________________________________________

DISCUSSION (Write your own questions)

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

1. __________________________________________________________

2. __________________________________________________________

3. __________________________________________________________

4. __________________________________________________________

5. __________________________________________________________

6. __________________________________________________________
**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.

<table>
<thead>
<tr>
<th>Q.1.</th>
<th>STUDENT 1</th>
<th>STUDENT 2</th>
<th>STUDENT 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>___________</td>
<td>__________</td>
<td>__________</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Q.2.</th>
<th>STUDENT 1</th>
<th>STUDENT 2</th>
<th>STUDENT 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>___________</td>
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<th>Q.3.</th>
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</table>

<table>
<thead>
<tr>
<th>Q.4.</th>
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<th>STUDENT 2</th>
<th>STUDENT 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>___________</td>
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</table>

<table>
<thead>
<tr>
<th>Q.5.</th>
<th>STUDENT 1</th>
<th>STUDENT 2</th>
<th>STUDENT 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>___________</td>
<td>__________</td>
<td>__________</td>
<td>__________</td>
</tr>
</tbody>
</table>

Return to your original partner(s) and share and talk about what you found out. Make mini-presentations to other groups on your findings.
WRITING
Write about World Heart Day for 10 minutes. Show your partner your paper. Correct each other’s work.

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
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 what 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.