



# Diet and the Heart

To explain how diet affects the way the body functions.



Use the words below to complete the paragraph about diet and the effect of cholesterol on the heart and circulation.

narrow  
fat

sugar  
block

animal  
circulatory

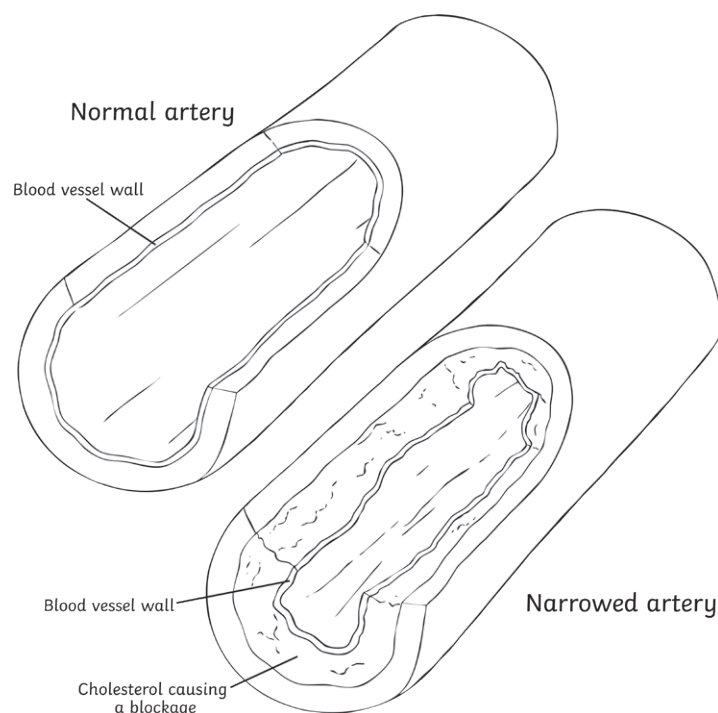
cholesterol  
clean

Marie Maynard Daly studied how \_\_\_\_\_ and \_\_\_\_\_ affect the human body, particularly the heart and \_\_\_\_\_ system. She discovered that the arteries in the body can \_\_\_\_\_ from eating too many sugary or fatty foods.

Cholesterol is a type of \_\_\_\_\_ that can travel in the blood. Not all cholesterol is bad; in fact, some parts of our bodies need it to work. The good type is good for keeping blood vessels \_\_\_\_\_, but the bad type builds up in our blood vessels and can \_\_\_\_\_ them.

Cholesterol is only found in food which comes from \_\_\_\_\_ sources.

Make a poster to show someone how they could improve health by eating less cholesterol.





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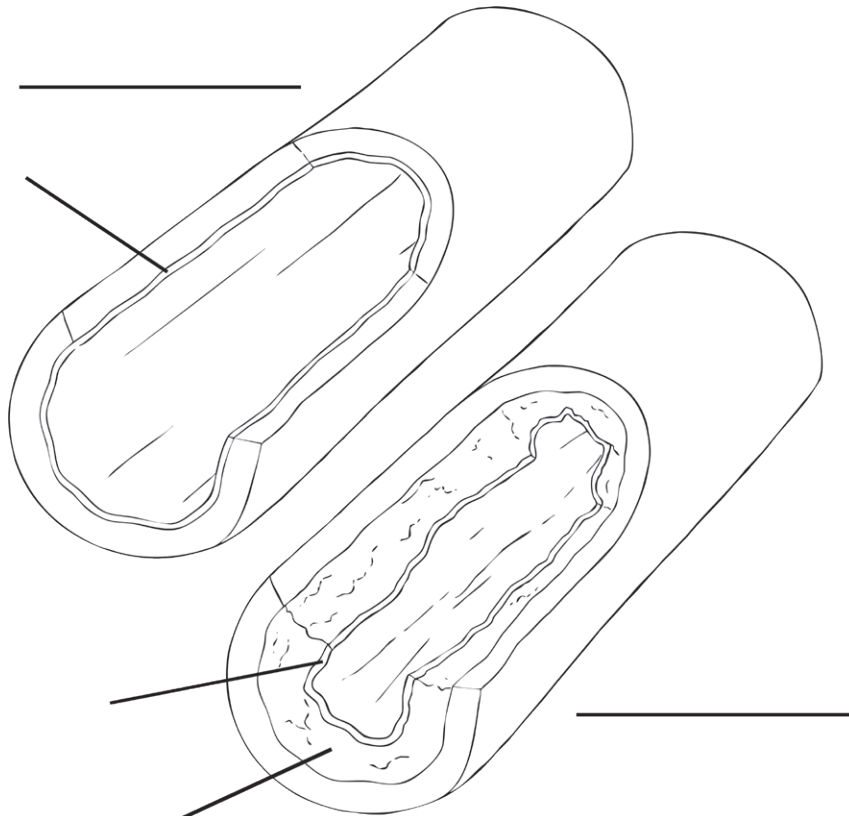
Complete the paragraph about diet and the effect of cholesterol on the heart and circulation using what you have learnt so far.

Marie Maynard Daly studied how \_\_\_\_\_ and \_\_\_\_\_ affect the human body, particularly the heart and \_\_\_\_\_ system. She discovered that the arteries in the body can \_\_\_\_\_ from eating too many sugary or fatty foods.

Cholesterol is a type of \_\_\_\_\_ that can travel in the blood. Not all cholesterol is bad; in fact, some parts of our bodies need it to work. The good type is good for keeping blood vessels \_\_\_\_\_, but the bad type builds up in our blood vessels and can \_\_\_\_\_ them.

Cholesterol is only found in food which comes from \_\_\_\_\_ sources.

Use what you have learned about cholesterol to label this diagram.



# Diet and the Heart **Answers**

Marie Maynard Daly studied how *sugar* and *cholesterol* affect the human body, particularly the heart and *circulatory* system. She discovered that the arteries in the body can *narrow* from eating too many sugary or fatty foods.

Cholesterol is a type of *fat* that can travel in the blood. Not all cholesterol is bad; in fact, some parts of our bodies need it to work. The good type is good for keeping blood vessels *clean*, but the bad type builds up in our blood vessels and can *block* them.

Cholesterol is only found in food which comes from *animal* sources.