

## HEART PUMP

### Supplies Needed:

- Two large bowls
- ¼ measuring cup
- 4 liters of water or rice

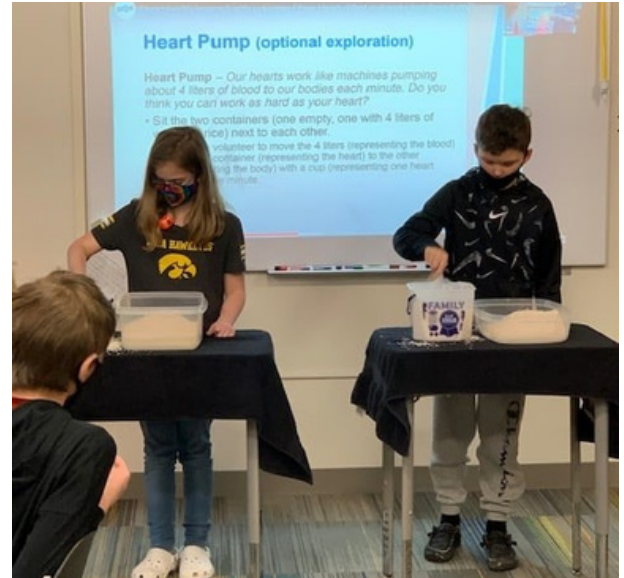
### Say:

Our hearts work like machines pumping about 4 liters of blood to our bodies each minute. Do you think you can work as hard as your heart?

### Do:

Set two containers next to each other: one empty (labeled 'Body') and one with 4 liters of water or rice (labeled 'Heart'). Ask for a volunteer to move the 4 liters (representing the blood) from one container (representing the heart) to the other (representing the body) with a ¼ measuring cup (labeled 'Heartbeat') (representing one heartbeat) in one minute.

**Reflect:** How did it go? Were you able to move all of the "blood?"



Developed in partnership with ISU Extension SWITCH Program to establish fundamental knowledge of heart function and heart disease prevention.

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