

Name \_\_\_\_\_

## Heart Heroes: The Incredible World of Cardiac Muscle

### Open-Ended Response Answer Key

1. The rhythmic contraction of cardiac muscle helps pump blood through the heart and out to the body, ensuring that oxygen and nutrients reach every cell.
2. It is important for cardiac muscle to pump blood efficiently to maintain circulation, deliver oxygen and nutrients to tissues, and remove waste products from the body.
3. One way to take care of your heart is by eating a healthy diet that includes plenty of fruits, vegetables, whole grains, and lean proteins.
4. Cardiac muscle plays a crucial role in circulation by pumping blood through the heart and into the blood vessels, ensuring that oxygen and nutrients are delivered to tissues throughout the body.

