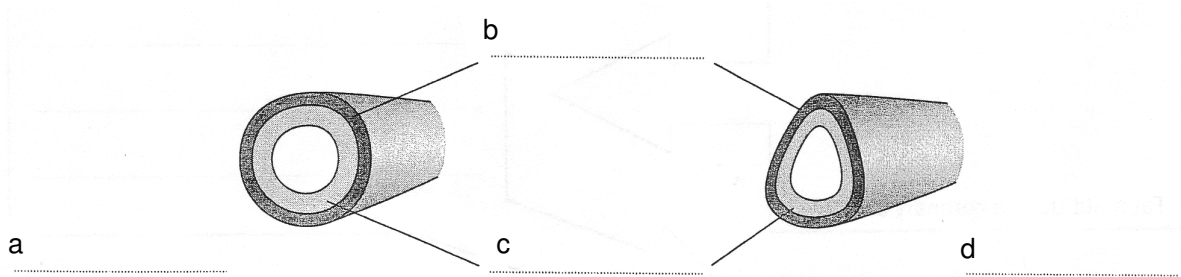


Keeping Healthy – Higher Test 4

1. Heart muscle cells, like other body cells, need a good supply of oxygen and food.

Blood is circulated round your body through arteries, capillaries, and veins.

Label these diagrams.



(4)

2. Use these words to complete the sentences.

arteries	veins	food	valves	oxygen	thick
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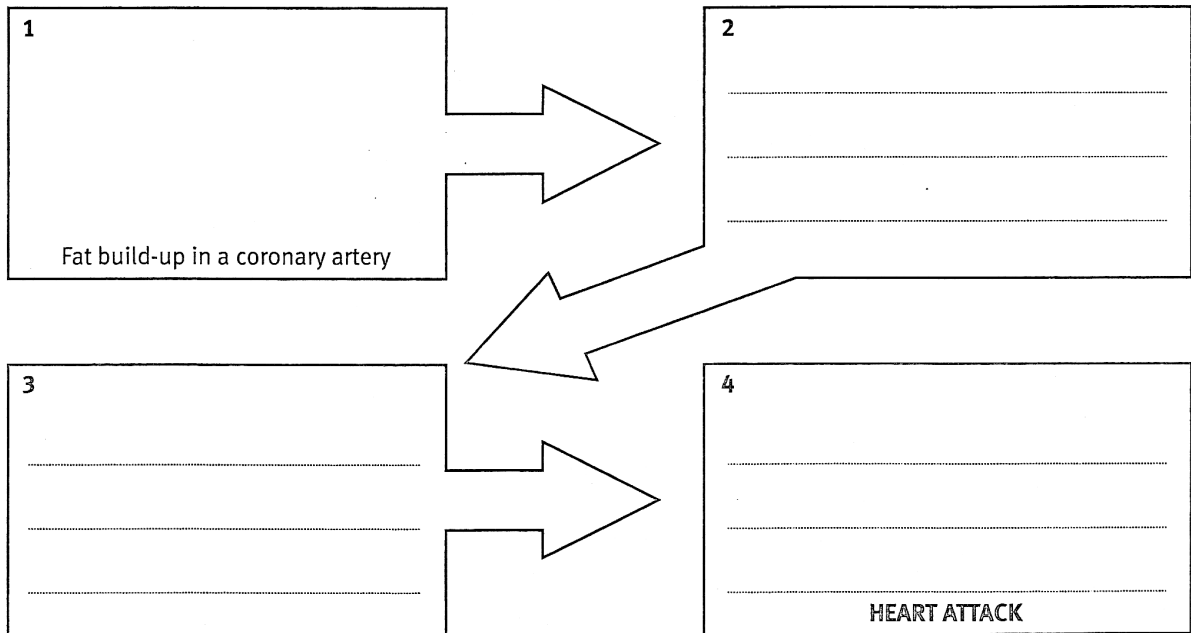
The heart pumps blood carrying (a)_____ and (b)_____ to all parts of the body. (c)_____ carry blood away from the heart.

They have (d)_____ walls to carry the pulse of blood pushed through them at every heartbeat. Blood is carried back to the heart in (e)_____.

They have (f)_____ to stop blood flowing backwards. (6)

3. Fat can build up in the coronary arteries.

Draw a diagram to show this in the first box. Then add notes to the flow chart to explain how this might lead to a heart attack.



(4)

4. **Heart disease is more common in the UK than in non-industrialized countries.**

Heart disease is not normally caused by micro-organisms. It is usually caused by lifestyle factors and / or genetic factors.

Which piece of information from the box tells you that:

a. heart disease runs in some families

b. you can reduce your risk of heart disease

c. heart disease is not an infectious disease

(3)

5. a. List 3 factors which increase the risk of heart disease.

(3)

b. List 3 ways in which heart disease can be reduced.

(3)

6. The lifestyle factors that increase the risk of heart disease can be identified through large-scale (epidemiological) studies.

a. Draw lines to match each word with the correct meaning.

Cause	There is evidence that a factor produces an outcome
Correlation	There is evidence of some link between a factor and an outcome

(1)

b. Read this BBC news report and complete the sentences below.

Carrying fat around the waist can quadruple the risk of diabetes and heart disease, say University of Birmingham scientists.

'Fat cells which develop round the waist pump out chemicals. These chemicals are needed in small amounts. But in large doses they can cause damage, raising blood pressure and increasing cholesterol in the bloodstream.'

i) There is a correlation between _____

ii) Scientists think that this is caused by _____

(2)

7. **Good epidemiological studies can provide convincing evidence for new scientific claims.**

- a. A good epidemiological study looks at a lot of people (a large sample). Two studies looked at men's health and the amount and type of exercise they took.

Study A: in South Wales between 1984 and 1988, of 3000 men aged 49-65

Study B: in Newcastle between 1985 and 1990, of 1000 men aged 30-60

- i) Explain which study should be the most reliable.

(1)

- ii) Explain why it is good to have two separate studies.

(2)

8. **Explain what is meant by 'peer review'**

(2)

TOTAL 31

Grade	Per Cent
A*	95
A	85
B	75
C	65
D	55
E	45