



Lub Dub's Fun Heart Healthy Activities

After your Visit!

Lub Dub is so excited that you visited his Museum! Lub Dub hopes that you will take what you learned at the Museum and are now inspired to make positive choices about your health.

Lub Dub wants YOU to be excited about your health.

Do you remember the three important attitudes Lub Dub wanted you to change while you were at the Museum?

**You believe in living heart healthy!
You choose to live heart healthy!
You will live heart healthy!**

Lub Dub would like you to use what you learned at the Museum to create a healthy meal on a plate, write and illustrate your own book about your visit, and tell him what you thought about the Museum.

Email Lub Dub at LubDub@heart.org



VOCABULARY LIST

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|------------------------|---|
| Stethoscope: | A medical instrument used for listening to sounds produced in the body by the heart and lungs |
| Balanced Diet: | To stay healthy your diet should include foods from all of the food groups |
| Exercise: | The activity of using your muscles to keep fit |
| Serving Size: | An amount of food found on the food label |
| My Plate: | A plate showing the different food groups and the amount of foods a person should eat |
| Peer Pressure: | Pressure from friends to behave like them |
| Heart Rate: | The number of times the heart beats in one minute |
| Oxygen: | A gas that is necessary for life |
| Blood Vessels: | The tubes through which the blood moves in the body |
| Artery: | One of the tube-shaped vessels that carry oxygen-rich blood from the heart to all parts of the body |
| Vein: | One of the tube-shaped vessels that carry blood back to the heart |
| Nutrients: | Substances in foods that people need to stay healthy |
| Stroke: | Occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts |
| Blood Pressure: | Pressure of the blood on the walls of blood vessels |
| Heart Attack: | Occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely |



Lub Dub's Heart Healthy Meal on a Plate

Supplies: Med paper plates
larger construction paper
magazines
tape or glue
crayons, markers, or colored pencils

Directions:

Use what you learned at the Museum to create a heart healthy meal. If you need more tips or ideas on how to create a heart healthy meal visit www.chooseMyPlate.gov.

How to start:

1. Create a placemat with construction paper. Decorate it with crayon, markers or colored pencils.
2. Cut pictures of heart healthy food from magazines.
3. Create a healthy low fat balanced meal.

Don't forget!

- ♥ One half of your plate should be veggies and fruit.
 - ♥ Choose low fat or fat free dairy.
 - ♥ Choose whole wheat or grains.
 - ♥ Choose lean meats or plant protein.
 - ♥ No oversized portions!
4. Glue the food onto the plate.
 5. Set and glue the plate, a napkin, and the utensils onto the paper placemat.
 6. Take a picture of your masterpiece and email it to LubDub@heart.org and you may find it on our website!



Writing and Illustrating Your Own Book



Directions

Captain Lub Dub wants to know what you learned while visiting the Museum and how excited you are about your health! Print out the pages on each exhibit station that you visited and then write and illustrate each page describing what you learned.

Create your own cover and title page. Punch three holes along the side of each page and use yarn or pretty ribbon to attach the pages together.

Topic Ideas

Lub Dub would like you to think about the following questions while writing your book:

Why do you want to live heart healthy?

What choices will you make to live heart healthy?

What will you do to live heart healthy?

Exhibit Stations

- All Creatures Great and Small
- Stay On Course
- 911 Action Theater
- The Kitchen Cafe
- Max's Magical Delivery (Goldman Legacy Theatre)
- The Beat Goes On
- Follow Your Heart
- The Marketplace

Use your Lub Dub's Healthy Heart Handbook to remind you what you learned in the museum.

Field Trip Evaluation
Lub Dub wants to know what you're thinking!
Email or mail your thoughts to Lub Dub at:

LubDub@heart.org

Lub Dub
2929 S 48th St
Tempe, AZ 85282

1. What was your favorite part of the museum?
2. List at least three things you learned at the museum.
3. Tell Lub Dub why you want to live heart healthy?
4. What will you do to live heart healthy?
5. Would you recommend The Halle Heart Children's Museum to your friends?